

BIEG WIKINGA - 10 KM

B4SPORT

Wydarzenie: BIEG WIKINGA - WOLIN 2019
Organizator: Uczniowski Klub Sportowy „WYSPA”, Gmina Wolin.
Data: 2019-09-29
Miejsce: Wolin
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	NOWICKI Bartosz	191	BNOW SPORTS	M30-39	1		00:17:15	00:34:45.05		3:28	17.3 (100%)
2	MINKO Arkadiusz	177		M30-39	2		00:17:16	00:35:07.10	+00:00:22 (1.0%)	3:30	17.1 (98.8%)
3	BRESZKA Michał	26	LOTNICZA AKADEMIA WOJSKOWA	M30-39	3		00:17:35	00:35:23.05	+00:00:38 (1.8%)	3:32	17 (98.3%)
4	PAŃKO Andrzej	305	KB HERMES GRYFINO	M18-29	1		00:17:44	00:36:08.60	+00:01:23 (3.9%)	3:36	16.6 (96.0%)
5	ZACZKO Jacek	293	TURBO ŚLIMAK	M40-49	1		00:17:53	00:36:13.25	+00:01:28 (4.1%)	3:37	16.6 (96.0%)
6	FILIPOWSKI Dariusz	71	ŚWIAT BIEGACZA FEHLARUNTEAM	M40-49	2		00:17:54	00:36:40.25	+00:01:55 (5.2%)	3:40	16.4 (94.8%)
7	BRZOZOWSKI Michał	28		M18-29	2		00:18:00	00:36:49.35	+00:02:04 (5.6%)	3:40	16.3 (94.2%)
8	SIECZKOWSKI Michał	232		M30-39	4		00:18:10	00:36:59.25	+00:02:14 (6.0%)	3:41	16.2 (93.6%)
9	ŁUCZKO Grzegorz	157	NATURAL BORN RUNNERS TEAM	M30-39	5		00:18:52	00:37:59.55	+00:03:14 (8.5%)	3:48	15.8 (91.3%)
10	KAPŁANIAK Adrian	116	WIECZORNE BIEGANIE W SZCZECINIE	M30-39	6		00:18:46	00:38:20.50	+00:03:35 (9.4%)	3:50	15.6 (90.2%)
11	POKRZYWIŃSKI Zbigniew	209	BBL POLICE	M30-39	7		00:19:14	00:38:33.40	+00:03:48 (9.9%)	3:51	15.6 (90.2%)
12	GORSZKA Damian	85	PARKRUN SZCZECIN	M18-29	3		00:18:43	00:38:42.20	+00:03:57 (10.2%)	3:52	15.5 (89.6%)
13	SZALA Mateusz	249	N1 TRIATLON KLUB	M30-39	8		00:19:23	00:38:58.00	+00:04:12 (10.8%)	3:53	15.4 (89.0%)
14	GIBA Jacek	80	MKL MARATON ŚWINOUJŚCIE	M40-49	3		00:19:30	00:39:22.50	+00:04:37 (11.7%)	3:56	15.2 (87.9%)
15	RÓŻAŃSKI Dawid	225	KB KAMIEŃ	M18-29	4		00:19:36	00:39:41.40	+00:04:56 (12.4%)	3:58	15.1 (87.3%)
16	KRZEŚNIEWSKI Marcin	139	ROWEROWY ZAŁOM	M40-49	4		00:20:22	00:41:44.45	+00:06:59 (16.7%)	4:10	14.4 (83.2%)
17	MUSIAŁ Bartek	182	UKS AKTYWNI WYSOKA KAMIEŃSKA	M30-39	9		00:20:56	00:42:03.30	+00:07:18 (17.4%)	4:12	14.3 (82.7%)
18	KOSOŃ Jarosław	131	BKS MANIAK WOLIN	M50-59	1	Tak	00:20:55	00:42:20.35	+00:07:35 (17.9%)	4:14	14.2 (82.1%)
19	CHWIEJ Marcin	38		M30-39	10		00:20:57	00:42:20.90	+00:07:35 (17.9%)	4:14	14.2 (82.1%)
20	WOLIŃSKI Andrzej	281		M50-59	2	Tak	00:20:56	00:42:22.90	+00:07:37 (18.0%)	4:14	14.2 (82.1%)
21	KRASKIEWICZ Tomasz	137	BULK CARGO PORT-SZCZECIN	M50-59	3		00:21:15	00:42:42.60	+00:07:57 (18.6%)	4:16	14 (80.9%)
22	ROMEJ-VASYLENKO Justyna	222	MKL SZCZECIN	K18-29	1		00:21:19	00:42:46.90	+00:08:01 (18.8%)	4:16	14 (80.9%)
23	SOBKOWIAK Robert	239		M50-59	4		00:21:06	00:43:13.00	+00:08:27 (19.6%)	4:19	13.9 (80.3%)
24	NAWROCKI Konrad	187		M30-39	11		00:21:44	00:43:27.80	+00:08:42 (20.0%)	4:20	13.8 (79.8%)
25	PIETRAS Marcin	204		M40-49	5		00:21:01	00:43:30.55	+00:08:45 (20.1%)	4:21	13.8 (79.8%)
26	PORZYCH Zbigniew	211	CALIBRA TIM	M30-39	12		00:22:07	00:43:51.70	+00:09:06 (20.8%)	4:23	13.7 (79.2%)
27	MIKOS Paweł	175		M30-39	13		00:21:46	00:44:05.70	+00:09:20 (21.2%)	4:24	13.6 (78.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
28	KOWALSKI Zdzisław	135	KLUB BIEGACZA KAMIEŃ POMORSKI	M50-59	5		00:21:27	00:44:06.05	+00:09:21 (21.2%)	4:24	13.6 (78.6%)
29	OLEJNIK Przemek	193		M50-59	6		00:21:37	00:44:08.95	+00:09:23 (21.3%)	4:24	13.6 (78.6%)
30	BOJKO Marek	25		M40-49	6		00:22:11	00:44:25.80	+00:09:40 (21.8%)	4:26	13.5 (78.0%)
31	MAJEWSKI Borys	161		M40-49	7		00:22:08	00:44:34.35	+00:09:49 (22.0%)	4:27	13.5 (78.0%)
32	KAMIŃSKI Sławomir	113	KMP ŚWINOUJŚCIE	M30-39	14		00:22:14	00:44:45.15	+00:10:00 (22.3%)	4:28	13.4 (77.5%)
33	MAZUR Kamil	171		M30-39	15		00:22:14	00:44:45.20	+00:10:00 (22.4%)	4:28	13.4 (77.5%)
34	PIOTROWSKA Marta	206		K30-39	1		00:22:07	00:44:50.55	+00:10:05 (22.5%)	4:29	13.4 (77.5%)
35	JUSZYŃSKI Rafał	109		M40-49	8		00:21:47	00:44:50.80	+00:10:05 (22.5%)	4:29	13.4 (77.5%)
36	NAWROCKI Piotr	186		M50-59	7		00:21:44	00:44:53.45	+00:10:08 (22.6%)	4:29	13.4 (77.5%)
37	BARAŃSKI Bogusław	7	MLUKS TRZEBIATÓW	M60+	1		00:22:01	00:44:58.85	+00:10:13 (22.7%)	4:29	13.3 (76.9%)
38	WARCZALOWSKI Arkadiusz	268		M40-49	9		00:22:08	00:45:09.40	+00:10:24 (23.0%)	4:30	13.3 (76.9%)
39	ADAMOWICZ Daniel	2	KB PIONIER	M30-39	16		00:22:04	00:45:11.40	+00:10:26 (23.1%)	4:31	13.3 (76.9%)
40	MAKAŚ Sebastian	164		M30-39	17		00:22:58	00:45:19.15	+00:10:34 (23.3%)	4:32	13.2 (76.3%)
41	KAMIŃSKI Antoni	114		M60+	2		00:22:25	00:45:23.65	+00:10:38 (23.4%)	4:32	13.2 (76.3%)
42	GAWLE Łukasz	77		M30-39	18		00:22:30	00:45:28.80	+00:10:43 (23.6%)	4:32	13.2 (76.3%)
43	BRZAŃKAŁA Waldemar	27	KB KAMIEŃ POMORSKI	M40-49	10		00:22:22	00:45:39.10	+00:10:54 (23.9%)	4:33	13.1 (75.7%)
44	KRYSZCZUK Sławomir	138		M40-49	11		00:22:36	00:45:39.70	+00:10:54 (23.9%)	4:34	13.1 (75.7%)
45	WOLIŃSKA Emilia	280		K40-49	1	Tak	00:22:26	00:45:42.45	+00:10:57 (24.0%)	4:34	13.1 (75.7%)
46	LANGIEWICZ Jacek	146	MKJ POLICE	M60+	3		00:22:47	00:45:49.25	+00:11:04 (24.2%)	4:34	13.1 (75.7%)
47	SOCHACKA Marta	241		K30-39	2		00:22:48	00:45:49.30	+00:11:04 (24.2%)	4:34	13.1 (75.7%)
48	LANGE Damian	145	SON'S OF POSEIDON	M30-39	19		00:23:18	00:45:56.65	+00:11:11 (24.4%)	4:35	13.1 (75.7%)
49	HAWRYŁAK Marcin	97	SOSW NR 1 DNR / AMPIO TEAM	M50-59	8		00:22:49	00:46:09.30	+00:11:24 (24.7%)	4:36	13 (75.1%)
50	KOWALSKA Dorota	134	KLUB BIEGACZA KAMIEŃ POMORSKI	K50-59	1		00:22:33	00:46:11.70	+00:11:26 (24.8%)	4:37	13 (75.1%)
51	HENGIELSKI Piotr	99		M40-49	12	Tak	00:22:36	00:46:15.70	+00:11:30 (24.9%)	4:37	13 (75.1%)
52	PAKURA Krzysztof	196		M40-49	13		00:23:25	00:46:18.60	+00:11:33 (25.0%)	4:37	13 (75.1%)
53	WOROBIEJ Monika	282		K30-39	3	Tak	00:22:49	00:46:36.90	+00:11:51 (25.5%)	4:39	12.9 (74.6%)
54	JUDKIEWICZ Piotr	108		M40-49	14	Tak	00:22:57	00:46:52.10	+00:12:07 (25.9%)	4:41	12.8 (74.0%)
55	NIEWIADA Marek	189	FLOTA ŚWINOUJŚCIE	M30-39	20		00:23:22	00:47:15.20	+00:12:30 (26.5%)	4:43	12.7 (73.4%)
56	SKRZYPIEC Andrzej	237	DZIKI ŚWINOUJŚCIE	M60+	4		00:23:27	00:47:17.15	+00:12:32 (26.5%)	4:43	12.7 (73.4%)
57	KARCZMAREK Bartłomiej	119		M30-39	21		00:23:36	00:47:19.75	+00:12:34 (26.6%)	4:44	12.7 (73.4%)
58	ROMAŃSKA Karolina	221	BIEGACZE ŚWINOUJŚCIE	K30-39	4		00:23:12	00:47:29.85	+00:12:44 (26.8%)	4:45	12.6 (72.8%)
59	GAWRYSIAK Przemysław	78		M40-49	15		00:23:31	00:47:32.85	+00:12:47 (26.9%)	4:45	12.6 (72.8%)
60	ROJEWSKI Mateusz	220		M30-39	22		00:23:42	00:47:39.80	+00:12:54 (27.1%)	4:46	12.6 (72.8%)
61	OGRODZIŃSKI Przemysław	192		M30-39	23		00:22:57	00:47:55.25	+00:13:10 (27.5%)	4:47	12.5 (72.3%)
62	ZAJĄC Maciej	294		M30-39	24		00:23:54	00:47:56.65	+00:13:11 (27.5%)	4:47	12.5 (72.3%)
63	ZALEWSKI Mariusz	295	FIZJOTERAPIA DZIECIĘCA D. ZALEWSKI	M50-59	9		00:24:11	00:47:58.80	+00:13:13 (27.6%)	4:47	12.5 (72.3%)
64	SKOCZYLAS Patryk	236		M18-29	5		00:23:44	00:48:05.35	+00:13:20 (27.7%)	4:48	12.5 (72.3%)
65	JAWORSKI Sylwek	106		M30-39	25		00:23:07	00:48:09.40	+00:13:24 (27.8%)	4:48	12.5 (72.3%)
66	LASKOWSKI Adam	148	UKS ALBATROS	M30-39	26		00:24:02	00:48:11.65	+00:13:26 (27.9%)	4:49	12.4 (71.7%)
67	JANCZARA Sebastian	102		M30-39	27		00:23:30	00:48:19.45	+00:13:34 (28.1%)	4:50	12.4 (71.7%)
68	SIDORKIEWICZ Anna	231		K40-49	2		00:23:32	00:48:23.35	+00:13:38 (28.2%)	4:50	12.4 (71.7%)
69	DĘBCZYŃSKI Michał	57	WILD HORSE ZÜRICH	M30-39	28		00:23:35	00:48:25.30	+00:13:40 (28.2%)	4:50	12.4 (71.7%)
70	KUJAWA Mariusz	142		M30-39	29		00:23:58	00:48:26.60	+00:13:41 (28.3%)	4:50	12.4 (71.7%)
71	MAJZEL Tomasz	163	SZCECIN	M50-59	10		00:24:13	00:48:49.55	+00:14:04 (28.8%)	4:53	12.3 (71.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
72	BANASZCZAK Bartosz	5		M18-29	6	Tak	00:26:14	00:48:50.40	+00:14:05 (28.8%)	4:53	12.3 (71.1%)
73	BEKIER Szymon	15		M40-49	16		00:23:51	00:48:56.30	+00:14:11 (29.0%)	4:53	12.3 (71.1%)
74	KULA Sambor	144		M40-49	17		00:24:55	00:48:58.20	+00:14:13 (29.0%)	4:53	12.2 (70.5%)
75	KOZŁOWSKI Leszek	136		M60+	5		00:24:23	00:48:58.60	+00:14:13 (29.0%)	4:53	12.3 (71.1%)
76	DZIĘGIELEWSKI Grzegorz	66		M30-39	30		00:24:45	00:49:29.45	+00:14:44 (29.8%)	4:57	12.1 (69.9%)
77	STELMACH Konrad	244		M18-29	7		00:24:35	00:49:30.95	+00:14:45 (29.8%)	4:57	12.1 (69.9%)
78	ZIENKE Piotr	296		M30-39	31		00:24:00	00:49:40.05	+00:14:55 (30.0%)	4:58	12.1 (69.9%)
79	PRUSS Kasia	213	WKURW TEAM	K40-49	3		00:24:53	00:49:43.45	+00:14:58 (30.1%)	4:58	12.1 (69.9%)
80	BARTOSIŃSKI Piotr	11	TIME55	M50-59	11	Tak	00:24:59	00:49:45.20	+00:15:00 (30.2%)	4:58	12.1 (69.9%)
81	BUKOWIECKI Adam	32		M40-49	18		00:25:13	00:49:48.80	+00:15:03 (30.2%)	4:58	12 (69.4%)
82	WÓJCIK Wojciech	284	WKURW_TEAM	M30-39	32		00:24:55	00:49:50.55	+00:15:05 (30.3%)	4:59	12 (69.4%)
83	DRZEWIECKI Arkadiusz	63	BIEGACZE ŚWINOUJŚCIE	M50-59	12		00:24:23	00:49:54.35	+00:15:09 (30.4%)	4:59	12 (69.4%)
84	DUSZKIEWICZ Dominika	64	BIEGACZE ŚWINOUJŚCIE	K30-39	5		00:24:26	00:49:56.70	+00:15:11 (30.4%)	4:59	12 (69.4%)
85	KOWALCZYK Paweł	133	HOŻA TEAM	M40-49	19		00:25:15	00:49:58.50	+00:15:13 (30.5%)	4:59	12 (69.4%)
86	WEREMIJ Sławek	272	BIEGACZE ŚWINOUJŚCIE	M40-49	20		00:24:49	00:50:18.65	+00:15:33 (30.9%)	5:01	11.9 (68.8%)
87	GŁADYSZ Jarosław	81		M30-39	33		00:25:06	00:50:44.05	+00:15:59 (31.5%)	5:04	11.8 (68.2%)
88	BIELAN Artur	19		M30-39	34		00:24:35	00:50:48.25	+00:16:03 (31.6%)	5:04	11.8 (68.2%)
89	SZYMAŃSKA Monika	260		K40-49	4		00:25:14	00:50:50.15	+00:16:05 (31.6%)	5:05	11.8 (68.2%)
90	GŁOWACKI Adrian	83		M30-39	35		00:24:32	00:50:59.60	+00:16:14 (31.9%)	5:06	11.8 (68.2%)
91	WRĘBIAK Dariusz	287		M40-49	21		00:25:43	00:51:12.30	+00:16:27 (32.1%)	5:07	11.7 (67.6%)
92	LEGEC Jerzy	149		M50-59	13		00:25:43	00:51:12.40	+00:16:27 (32.1%)	5:07	11.7 (67.6%)
93	BUDZYŃSKI Radosław	30	BUDZYŃSCY TEAM	M30-39	36		00:25:29	00:51:23.65	+00:16:38 (32.4%)	5:08	11.7 (67.6%)
94	BARRA Marzena	8		K30-39	6		00:25:35	00:51:26.50	+00:16:41 (32.4%)	5:08	11.7 (67.6%)
95	HELLSTROM Ania	302		K40-49	5		00:25:41	00:51:30.20	+00:16:45 (32.5%)	5:09	11.7 (67.6%)
96	FIRLIK Mirosław	72	KB KAMIEN POMORSKI	M50-59	14		00:25:55	00:51:32.05	+00:16:47 (32.6%)	5:09	11.6 (67.1%)
97	OSOBNIAK Ryszard	195		M60+	6		00:25:35	00:51:33.00	+00:16:47 (32.6%)	5:09	11.6 (67.1%)
98	NARLOCH Maciej	184		M30-39	37		00:25:39	00:51:35.65	+00:16:50 (32.6%)	5:09	11.6 (67.1%)
99	DEMROWICZ Kondrad	55		M18-29	8	Tak	00:25:22	00:51:45.35	+00:17:00 (32.9%)	5:10	11.6 (67.1%)
100	LISZNIĄSKI Daniel	154	CELOWY ZWIĄZEK GMIN RXXI NOWOGARD	M40-49	22		00:26:12	00:51:48.90	+00:17:03 (32.9%)	5:10	11.6 (67.1%)
101	PIEKARSKI Kamil	203		M30-39	38		00:26:02	00:51:50.20	+00:17:05 (33.0%)	5:11	11.6 (67.1%)
102	MICHAŁOWSKI Daniel	173		M40-49	23		00:25:16	00:51:50.70	+00:17:05 (33.0%)	5:11	11.6 (67.1%)
103	KARASEK Krzysztof	118	NAUKA JAZDY KARASEK	M40-49	24		00:25:23	00:51:51.10	+00:17:06 (33.0%)	5:11	11.6 (67.1%)
104	DOMALEWSKA Teresa	58	KSUZNAM	K60+	1		00:25:38	00:51:57.55	+00:17:12 (33.1%)	5:11	11.5 (66.5%)
105	CZERNIACHOWSKI Jacek	45		M40-49	25		00:26:22	00:51:59.05	+00:17:14 (33.2%)	5:11	11.5 (66.5%)
106	KAMIONKA Andrzej	115	WIECZORNE BIEGANIE W SZCZECINIE	M30-39	39		00:25:12	00:52:06.10	+00:17:21 (33.3%)	5:12	11.5 (66.5%)
107	KOŁYSZKO Piotr	128	BIEGACZE ŚWINOUJŚCIE	M30-39	40		00:25:52	00:52:12.40	+00:17:27 (33.4%)	5:13	11.5 (66.5%)
108	MURAWSKA Monika	181	BIEGACZE ŚWINOUJŚCIE	K40-49	6		00:25:37	00:52:14.15	+00:17:29 (33.5%)	5:13	11.5 (66.5%)
109	ZABROCKI Karol	291		M30-39	41		00:25:50	00:52:15.65	+00:17:30 (33.5%)	5:13	11.5 (66.5%)
110	GRZYWACZ Adrian	94		M18-29	9	Tak	00:24:31	00:52:19.05	+00:17:34 (33.6%)	5:13	11.5 (66.5%)
111	BĄCZYK Adam	14	MONIA GYM	M40-49	26		00:26:00	00:52:21.05	+00:17:36 (33.6%)	5:14	11.5 (66.5%)
112	GRYMUŁA Marek	90		M50-59	15		00:26:14	00:52:36.60	+00:17:51 (33.9%)	5:15	11.4 (65.9%)
113	BATOROWICZ Mariola	12		K30-39	7	Tak	00:26:36	00:52:37.80	+00:17:52 (34.0%)	5:15	11.4 (65.9%)
114	BYLEWSKI Piotr	303	AGENCJA REKLAMOWA BYLEWSKI	M50-59	16		00:26:01	00:52:39.25	+00:17:54 (34.0%)	5:15	11.4 (65.9%)
115	GROSICKI Marcin	89	SPRINT LOGISTYKA POLSKA	M40-49	27		00:26:15	00:52:40.55	+00:17:55 (34.0%)	5:16	11.4 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
116	WIĄCEK Anna	273	KOBIECE BIEGANIE	K40-49	7		00:26:29	00:52:41.10	+00:17:56 (34.0%)	5:16	11.4 (65.9%)
117	WARYCH Bogumił	269		M60+	7		00:26:46	00:52:41.20	+00:17:56 (34.0%)	5:16	11.4 (65.9%)
118	BIERNACKI Andrzej	22		M40-49	28		00:26:10	00:52:41.25	+00:17:56 (34.0%)	5:16	11.4 (65.9%)
119	WYDRA Iłona	289		K40-49	8		00:26:20	00:52:43.60	+00:17:58 (34.1%)	5:16	11.4 (65.9%)
120	GÓRSKA Anna	86	BIEGACZE ŚWINOUJŚCIE	K40-49	9		00:26:25	00:52:48.50	+00:18:03 (34.2%)	5:16	11.4 (65.9%)
121	DEPTUŁA Tobiasz	307		M30-39	42		00:26:11	00:52:50.20	+00:18:05 (34.2%)	5:17	11.4 (65.9%)
122	TERAN Ana	266		K40-49	10		00:25:49	00:52:50.90	+00:18:05 (34.2%)	5:17	11.4 (65.9%)
123	WRÓBLEWSKI Zbigniew	288	WIKING WOLIN	M50-59	17		00:26:48	00:52:51.20	+00:18:06 (34.3%)	5:17	11.4 (65.9%)
124	DEMKOWICZ Ireneusz	53	WEGAS	M50-59	18	Tak	00:25:42	00:52:52.65	+00:18:07 (34.3%)	5:17	11.3 (65.3%)
125	KASPROWICZ Katarzyna	120		K18-29	2		00:26:12	00:52:54.00	+00:18:08 (34.3%)	5:17	11.3 (65.3%)
126	PYZIK Waldemar	215		M50-59	19		00:26:55	00:52:55.75	+00:18:10 (34.3%)	5:17	11.3 (65.3%)
127	PIETRUCZYK Arek	205		M40-49	29		00:25:37	00:53:07.35	+00:18:22 (34.6%)	5:18	11.3 (65.3%)
128	POTERAŁSKI Radosław	212	PARKRUNŚWINOUJŚCIE	M40-49	30		00:25:28	00:53:13.60	+00:18:28 (34.7%)	5:19	11.3 (65.3%)
129	MAJKA Dariusz	162	HERR DARIUSZ	M30-39	43		00:27:15	00:53:13.80	+00:18:28 (34.7%)	5:19	11.3 (65.3%)
130	KĄKOLEWSKI Marek	122	BIEGACZE ŚWINOUJŚCIE	M40-49	31		00:26:59	00:53:21.30	+00:18:36 (34.9%)	5:20	11.2 (64.7%)
131	DREWNIAK Ewa	310		K18-29	3		00:27:21	00:53:24.30	+00:18:39 (34.9%)	5:20	11.2 (64.7%)
132	GRYMUŁA Agnieszka	91		K30-39	8		00:26:14	00:53:26.40	+00:18:41 (35.0%)	5:20	11.2 (64.7%)
133	CZYŻEWSKA Mirosława	46	WKURW_TEAM	K30-39	9		00:25:51	00:53:27.95	+00:18:42 (35.0%)	5:20	11.2 (64.7%)
134	JABŁONSKA Elzbieta	100	BIEGACZE ŚWINOUJŚCIE	K50-59	2		00:26:26	00:53:34.00	+00:18:48 (35.1%)	5:21	11.2 (64.7%)
135	KONOPIŃSKI Leszek	304	BIEGACZE ŚWINOUJŚCIE	M60+	8		00:26:27	00:53:34.25	+00:18:49 (35.1%)	5:21	11.2 (64.7%)
136	ANIELSKI Michał	4		M30-39	44		00:26:48	00:54:02.25	+00:19:17 (35.7%)	5:24	11.1 (64.2%)
137	GALANTY Jacek	76		M60+	9		00:26:53	00:54:14.85	+00:19:29 (35.9%)	5:25	11.1 (64.2%)
138	ŚLIWIŃSKA Małgorzata	263	8.FOW	K40-49	11		00:26:46	00:54:22.70	+00:19:37 (36.1%)	5:26	11 (63.6%)
139	KUCHARCZYK Mariusz	140		M40-49	32	Tak	00:26:59	00:54:31.20	+00:19:46 (36.3%)	5:27	11 (63.6%)
140	ADAMCZYK Piotr	1		M40-49	33		00:27:09	00:54:32.55	+00:19:47 (36.3%)	5:27	11 (63.6%)
141	DRYGAS Ryszard	61		M50-59	20		00:26:26	00:54:40.90	+00:19:55 (36.4%)	5:28	11 (63.6%)
142	KOLSKA Lena	125		K30-39	10		00:26:30	00:54:48.10	+00:20:03 (36.6%)	5:28	10.9 (63.0%)
143	SOWA Krzysztof	242		M30-39	45		00:26:02	00:54:49.20	+00:20:04 (36.6%)	5:29	10.9 (63.0%)
144	MORAWIAK Krzysztof	308	VIKING 88	M30-39	46		00:26:50	00:55:00.45	+00:20:15 (36.8%)	5:30	10.9 (63.0%)
145	SITEK Alfred	234		M30-39	47		00:27:19	00:55:06.35	+00:20:21 (36.9%)	5:30	10.9 (63.0%)
146	ZUSEL Karolina	299		K30-39	11		00:27:18	00:55:12.00	+00:20:26 (37.0%)	5:31	10.9 (63.0%)
147	RZEMIENIECKA-GRUDZIEN Joanna	227		K30-39	12		00:26:46	00:55:14.70	+00:20:29 (37.1%)	5:31	10.9 (63.0%)
148	KUCHARCZYK Małgorzata	141		K40-49	12	Tak	00:27:32	00:55:18.55	+00:20:33 (37.2%)	5:31	10.8 (62.4%)
149	LEWANDOWSKA Agnieszka	152		K40-49	13		00:27:41	00:55:21.65	+00:20:36 (37.2%)	5:32	10.8 (62.4%)
150	DENEKO Maciej	56	SPRINT LOGISTYKA POLSKA	M40-49	34		00:27:14	00:55:37.15	+00:20:52 (37.5%)	5:33	10.8 (62.4%)
151	SZARYŃSKI Adam	251	IRONMAN	M40-49	35		00:28:27	00:55:44.75	+00:20:59 (37.7%)	5:34	10.8 (62.4%)
152	HARŁUKOWICZ Krzysztof	96	EXTREMEWOLF	M40-49	36		00:28:26	00:55:45.00	+00:20:59 (37.7%)	5:34	10.8 (62.4%)
153	PASZKIEWICZ Paweł	198		M40-49	37		00:27:20	00:55:45.30	+00:21:00 (37.7%)	5:34	10.8 (62.4%)
154	GAJEWSKI Bartosz	75		M18-29	10		00:26:44	00:55:55.50	+00:21:10 (37.9%)	5:35	10.7 (61.8%)
155	BIEGANSKI Tomasz	18		M30-39	48		00:26:51	00:56:00.50	+00:21:15 (38.0%)	5:36	10.7 (61.8%)
156	BIELAŃSKI Krzysztof	20	CRONIMET.PL	M60+	10		00:27:21	00:56:02.80	+00:21:17 (38.0%)	5:36	10.7 (61.8%)
157	DEMKOWICZ Daniel	52		M30-39	49	Tak	00:27:52	00:56:09.00	+00:21:23 (38.1%)	5:36	10.7 (61.8%)
158	DEMKOWICZ Ewelina	51		K30-39	13	Tak	00:27:54	00:56:11.30	+00:21:26 (38.2%)	5:37	10.7 (61.8%)
159	BĄCZYK Monika	13	MONIA GYM	K40-49	14		00:28:14	00:56:23.35	+00:21:38 (38.4%)	5:38	10.6 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
160	NOWICKA Wioleta	190	MONIA GYM	K30-39	14		00:28:15	00:56:23.65	+00:21:38 (38.4%)	5:38	10.6 (61.3%)
161	MISTELSKI Karol	178		M18-29	11		00:27:42	00:56:25.80	+00:21:40 (38.4%)	5:38	10.6 (61.3%)
162	KOŁDA Halina	126	PCH_RUN	K50-59	3		00:28:11	00:56:46.80	+00:22:01 (38.8%)	5:40	10.6 (61.3%)
163	TARNOWSKI Krzysztof	265		M30-39	50		00:27:15	00:56:56.15	+00:22:11 (39.0%)	5:41	10.5 (60.7%)
164	MATULA Magdalena	170		K30-39	15		00:28:24	00:57:00.15	+00:22:15 (39.0%)	5:42	10.5 (60.7%)
165	ZIÓLKOWSKI Rafał	298	BIEGACZE ŚWINOUJŚCIE	M30-39	51		00:27:51	00:57:05.85	+00:22:20 (39.1%)	5:42	10.5 (60.7%)
166	SMOGUR Damian	309	8-PAG POZNAŃ	M30-39	52		00:28:56	00:57:09.10	+00:22:24 (39.2%)	5:43	10.5 (60.7%)
167	MAŁAS Michał	165		M18-29	12	Tak	00:28:19	00:57:25.70	+00:22:40 (39.5%)	5:44	10.4 (60.1%)
168	SIKORSKA Anna	233		K40-49	15		00:27:18	00:57:27.40	+00:22:42 (39.5%)	5:44	10.4 (60.1%)
169	SOBKOWIAK Magda	240		K40-49	16		00:28:29	00:57:30.80	+00:22:45 (39.6%)	5:45	10.4 (60.1%)
170	RUDZEWICZ Mariusz	226		M30-39	53		00:28:30	00:57:40.05	+00:22:55 (39.7%)	5:46	10.4 (60.1%)
171	MASŁOWSKA Barbara	167		K40-49	17		00:28:29	00:57:47.20	+00:23:02 (39.9%)	5:46	10.4 (60.1%)
172	CZERNIACHOWSKA Ewelina	44		K40-49	18		00:28:06	00:57:47.95	+00:23:02 (39.9%)	5:46	10.4 (60.1%)
173	BARANOWSKA Agnieszka	6	IAI TEAM	K30-39	16		00:27:57	00:57:55.95	+00:23:10 (40.0%)	5:47	10.4 (60.1%)
173	POGORZELSKA Sylwia	207	WIECZORNE BIEGANIE W SZCZECINIE	K30-39	16		00:28:40	00:57:55.95	+00:23:10 (40.0%)	5:47	10.4 (60.1%)
175	POGORZELSKI Daniel	208	WIECZORNE BIEGANIE W SZCZECINIE	M40-49	38		00:28:41	00:57:56.10	+00:23:11 (40.0%)	5:47	10.4 (60.1%)
176	MACIEJEWSKI Zenon	160	SJSN\$	M60+	11		00:27:37	00:58:01.55	+00:23:16 (40.1%)	5:48	10.3 (59.5%)
177	WOJTASINSKI Paweł	278		M30-39	54		00:27:43	00:58:02.60	+00:23:17 (40.1%)	5:48	10.3 (59.5%)
178	SEMEZH Ira	229		K18-29	4	Tak	00:27:29	00:58:21.85	+00:23:36 (40.5%)	5:50	10.3 (59.5%)
179	SERDECZNY Artur	230	KLUB KOKOSA	M40-49	39		00:29:42	00:58:22.00	+00:23:36 (40.5%)	5:50	10.3 (59.5%)
180	BOBER Kamil	23		M30-39	55		00:29:36	00:58:25.00	+00:23:39 (40.5%)	5:50	10.3 (59.5%)
181	KOŁODZIEJCZYK Paweł	127		M30-39	56		00:27:49	00:58:30.30	+00:23:45 (40.6%)	5:51	10.3 (59.5%)
182	KOTWICKI Tomasz	132	BIEGACZE ŚWINOUJŚCIE	M30-39	57		00:28:43	00:58:31.10	+00:23:46 (40.6%)	5:51	10.3 (59.5%)
183	BURY Marianna	33	WYLUZOWANI BIEGACZE	K40-49	19		00:29:38	00:58:35.60	+00:23:50 (40.7%)	5:51	10.2 (59.0%)
184	BURY Jacek	34	WYLUZOWANI BIEGACZE	M50-59	21		00:29:38	00:58:37.00	+00:23:51 (40.7%)	5:51	10.2 (59.0%)
185	LOBA Jerzy	155		M60+	12		00:29:07	00:58:41.85	+00:23:56 (40.8%)	5:52	10.2 (59.0%)
186	ŁUKASZEWICZ Hanna	158		K30-39	18		00:29:01	00:58:43.95	+00:23:58 (40.8%)	5:52	10.2 (59.0%)
187	SUSZA Małgorzata	248		K40-49	20		00:28:56	00:58:52.25	+00:24:07 (41.0%)	5:53	10.2 (59.0%)
188	SKARŻYŃSKA Anna	235		K18-29	5		00:29:09	00:58:52.80	+00:24:07 (41.0%)	5:53	10.2 (59.0%)
189	NAREJKO Paweł	183		M18-29	13		00:29:07	00:58:54.50	+00:24:09 (41.0%)	5:53	10.2 (59.0%)
190	STROJNA Dorota	245	ŚRUNDUNIA SZCZECIN	K40-49	21		00:29:09	00:58:55.25	+00:24:10 (41.0%)	5:53	10.2 (59.0%)
191	PIĄTKOWSKA Izabela	202		K30-39	19		00:29:10	00:58:55.55	+00:24:10 (41.0%)	5:53	10.2 (59.0%)
192	GUMIENNY Andrzej	95	ŚRUNDUNIA	M60+	13		00:29:11	00:58:56.30	+00:24:11 (41.0%)	5:53	10.2 (59.0%)
193	SZCZEPANOWSKI Andrzej	252		M40-49	40		00:29:12	00:58:57.50	+00:24:12 (41.1%)	5:53	10.2 (59.0%)
194	JAWORSKA Izabela	105		K40-49	22		00:29:37	00:59:04.40	+00:24:19 (41.2%)	5:54	10.2 (59.0%)
195	DOMIŃSKI Karol	59		M30-39	58		00:29:00	00:59:14.75	+00:24:29 (41.3%)	5:55	10.1 (58.4%)
196	LEŚNIEWSKI Sebastian	150		M30-39	59		00:29:27	00:59:21.15	+00:24:36 (41.5%)	5:56	10.1 (58.4%)
197	RAJCHEL Marcin	216		M30-39	60		00:29:28	00:59:22.85	+00:24:37 (41.5%)	5:56	10.1 (58.4%)
198	CIEMNA Regina	40		K60+	2		00:29:14	00:59:38.25	+00:24:53 (41.7%)	5:57	10.1 (58.4%)
199	LUBITZ André	156	LAUFMÜTZEN USEDOM	M40-49	41		00:30:01	00:59:44.55	+00:24:59 (41.8%)	5:58	10 (57.8%)
200	MORAWIECKA Magdalena	180		K18-29	6		00:30:02	01:00:07.20	+00:25:22 (42.2%)	6:00	10 (57.8%)
201	PAWŁOWSKI Marcin	199	WIECZORNE BIEGANIE W SZCZECINIE	M40-49	42		00:29:59	01:00:07.85	+00:25:22 (42.2%)	6:00	10 (57.8%)
202	BUGAŁA Milena	31		K30-39	20	Tak	00:29:49	01:00:08.95	+00:25:23 (42.2%)	6:00	10 (57.8%)
203	DRZEWIECKA Agnieszka	62	BIEGACZE ŚWINOUJŚCIE	K40-49	23		00:30:05	01:00:10.60	+00:25:25 (42.3%)	6:01	10 (57.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
204	MIKULSKA- GAWLE Karina	176		K30-39	21		00:29:59	01:00:24.40	+00:25:39 (42.5%)	6:02	9.9 (57.2%)
205	WASILEWICZ Kazimierz	270		M60+	14		00:29:33	01:01:00.90	+00:26:15 (43.0%)	6:06	9.8 (56.6%)
206	JANKOWSKI Piotr	104		M40-49	43		00:29:41	01:01:05.10	+00:26:20 (43.1%)	6:06	9.8 (56.6%)
207	WOSZCZYK Renata	283		K40-49	24		00:30:19	01:01:16.90	+00:26:31 (43.3%)	6:07	9.8 (56.6%)
208	JÓZWICKA Aneta	107		K40-49	25		00:30:19	01:01:17.05	+00:26:32 (43.3%)	6:07	9.8 (56.6%)
209	MISZTAL Krystyna	179		K60+	3	Tak	00:30:10	01:01:18.15	+00:26:33 (43.3%)	6:07	9.8 (56.6%)
210	ELBIŃSKA-KRAWCZUK Monika	68	BIEGACZE ŚWINOUJŚCIE	K40-49	26		00:30:36	01:01:27.10	+00:26:42 (43.5%)	6:08	9.8 (56.6%)
211	MICHALSKA Agnieszka	172		K50-59	4		00:30:05	01:01:28.25	+00:26:43 (43.5%)	6:08	9.8 (56.6%)
212	SZMELING Grzes	256		M30-39	61		00:29:19	01:01:43.95	+00:26:58 (43.7%)	6:10	9.7 (56.1%)
213	OLEŚKÓW Marek	194		M30-39	62		00:29:56	01:01:55.45	+00:27:10 (43.9%)	6:11	9.7 (56.1%)
214	GREWLING Grzegorz	306		M30-39	63		00:29:34	01:02:08.70	+00:27:23 (44.1%)	6:12	9.7 (56.1%)
215	KAZANOWSKA Monika	121	NATURAL BORN RUNNERS TEAM	K30-39	22	Tak	00:30:02	01:02:09.75	+00:27:24 (44.1%)	6:13	9.7 (56.1%)
216	ŚLUSARZ Iwona	264		K40-49	27		00:30:12	01:02:10.45	+00:27:25 (44.1%)	6:13	9.6 (55.5%)
217	JANKOWSKA Emilia	103		K18-29	7		00:31:31	01:03:01.65	+00:28:16 (44.9%)	6:18	9.5 (54.9%)
218	RÓZGA Zbigniew	223	VIKING 88	M40-49	44		00:30:57	01:03:16.50	+00:28:31 (45.1%)	6:19	9.5 (54.9%)
219	SZCZEPAŃSKI Przemysław	254		M30-39	64		00:29:43	01:03:21.95	+00:28:36 (45.2%)	6:20	9.5 (54.9%)
220	SZCZEPAŃSKA Aleksandra	253		K18-29	8		00:30:52	01:03:29.90	+00:28:44 (45.3%)	6:21	9.4 (54.3%)
221	AMERNIK Katarzyna	3		K40-49	28		00:31:33	01:03:36.65	+00:28:51 (45.4%)	6:21	9.4 (54.3%)
222	PEŁKA Piotr	201		M30-39	65		00:30:41	01:03:43.45	+00:28:58 (45.5%)	6:22	9.4 (54.3%)
223	PEŁKA Agata	200		K30-39	23		00:30:42	01:03:44.15	+00:28:59 (45.5%)	6:22	9.4 (54.3%)
224	TOMALAK Marcin	267		M40-49	45		00:30:34	01:03:45.25	+00:29:00 (45.5%)	6:22	9.4 (54.3%)
225	WIERASZKA Małgorzata	274		K30-39	24		00:30:35	01:03:46.40	+00:29:01 (45.5%)	6:22	9.4 (54.3%)
226	SMOLIKAVA Aliaksandra	238		K18-29	9	Tak	00:30:41	01:04:06.35	+00:29:21 (45.8%)	6:24	9.4 (54.3%)
227	GADOWSKI Paweł	74		M30-39	66		00:30:35	01:04:46.50	+00:30:01 (46.4%)	6:28	9.3 (53.8%)
228	GADOWSKA Aleksandra	73		K30-39	25		00:30:36	01:04:47.15	+00:30:02 (46.4%)	6:28	9.3 (53.8%)
229	KACZYŃSKI Artur	110		M40-49	46		00:31:34	01:04:49.50	+00:30:04 (46.4%)	6:28	9.3 (53.8%)
230	BRZYSKI Łukasz	29	SEAT TEAM	M30-39	67		00:30:19	01:05:27.40	+00:30:42 (46.9%)	6:32	9.2 (53.2%)
231	BERNACKA Renata	17	KB HERMES GRYFINO	K50-59	5		00:31:44	01:05:29.15	+00:30:44 (46.9%)	6:32	9.2 (53.2%)
232	NAWROCKA Dorota	185		K30-39	26		00:31:51	01:06:05.05	+00:31:20 (47.4%)	6:36	9.1 (52.6%)
233	BIELAWSKA Katarzyna	21		K18-29	10		00:31:07	01:06:15.90	+00:31:30 (47.6%)	6:37	9.1 (52.6%)
234	WÓJCIKOWSKI Sebastian	286		M18-29	14		00:32:49	01:06:22.45	+00:31:37 (47.6%)	6:38	9 (52.0%)
235	BZDAWKA Rafał	35	KPW ŚWINOUJŚCIE	M40-49	47		00:32:50	01:06:22.90	+00:31:37 (47.6%)	6:38	9 (52.0%)
236	BARSZCZEWSKA Małgorzata	9	BIEGACZE ŚWINOUJŚCIE	K40-49	29		00:31:28	01:06:23.25	+00:31:38 (47.7%)	6:38	9 (52.0%)
237	BARSZCZEWSKI Stanisław	10	BIEGACZE ŚWINOUJŚCIE	M40-49	48		00:31:28	01:06:23.65	+00:31:38 (47.7%)	6:38	9 (52.0%)
238	BZDAWKA Joanna	36	BIEGACZE ŚWINOUJŚCIE	K40-49	30		00:32:53	01:06:25.35	+00:31:40 (47.7%)	6:38	9 (52.0%)
239	DEMKOWICZ Edyta	54	WEGAS	K40-49	31	Tak	00:32:23	01:07:06.15	+00:32:21 (48.2%)	6:42	8.9 (51.4%)
240	KŁONOWSKA Monika	124	KB HERMES GRYFINO	K30-39	27		00:31:44	01:07:08.95	+00:32:23 (48.2%)	6:42	8.9 (51.4%)
241	DZIEMIDOWICZ Jadwiga	65	WEGAS	K30-39	28	Tak	00:32:34	01:07:22.90	+00:32:37 (48.4%)	6:44	8.9 (51.4%)
242	HEDRYCH Wioletta	98		K40-49	32		00:33:00	01:07:47.25	+00:33:02 (48.7%)	6:46	8.8 (50.9%)
243	WOJCIECHOWSKI Jacek	277	MH AUTOMATYKA	M40-49	49		00:32:56	01:07:54.45	+00:33:09 (48.8%)	6:47	8.8 (50.9%)
244	KAMIŃSKA Dagmara	112		K30-39	29		00:32:31	01:07:56.30	+00:33:11 (48.8%)	6:47	8.8 (50.9%)
245	KAMIŃSKA Iwona	111		K30-39	30		00:32:31	01:07:56.50	+00:33:11 (48.9%)	6:47	8.8 (50.9%)
246	GENDA Jadwiga	79	TIME55	K60+	4		00:32:39	01:09:15.45	+00:34:30 (49.8%)	6:55	8.7 (50.3%)
247	LASKOWSKA Paulina	147		K18-29	11	Tak	00:31:59	01:09:33.65	+00:34:48 (50.0%)	6:57	8.6 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
248	SZCZYPEK Sławomir	255		M40-49	50		00:33:53	01:10:11.85	+00:35:26 (50.5%)	7:01	8.5 (49.1%)
249	KORBUSZEWSKA Milena	130		K30-39	31		00:33:35	01:10:23.05	+00:35:38 (50.6%)	7:02	8.5 (49.1%)
250	CIEŚLIK Ewa	42		K50-59	6	Tak	00:33:58	01:12:02.20	+00:37:17 (51.8%)	7:12	8.3 (48.0%)
251	LIPIŃSKA Sylwia	153		K18-29	12		00:35:33	01:12:33.60	+00:37:48 (52.1%)	7:15	8.3 (48.0%)
252	STACHOWSKI Andrzej	243	MONIGYM	M50-59	22		00:34:23	01:12:40.95	+00:37:55 (52.2%)	7:16	8.3 (48.0%)
253	CHWIEJ Agata	39	BIEGACZE ŚWINOUJŚCIE	K30-39	32		00:36:00	01:12:56.65	+00:38:11 (52.4%)	7:17	8.2 (47.4%)
254	GRYTA Janina	92		K50-59	7		00:36:01	01:12:57.60	+00:38:12 (52.4%)	7:17	8.2 (47.4%)
255	GRYTA Dariusz	93		M50-59	23		00:36:02	01:12:58.35	+00:38:13 (52.4%)	7:17	8.2 (47.4%)
256	RÓZGA Jerzy	224	VIKING 88	M40-49	51		00:36:19	01:13:55.60	+00:39:10 (53.0%)	7:23	8.1 (46.8%)
257	KOPCEWICZ Henryk	129	CROWN GOLENIÓW	M60+	15		00:36:31	01:14:23.80	+00:39:38 (53.3%)	7:26	8.1 (46.8%)
258	WOJCIECHOWSKI Roman	276		M50-59	24		00:37:16	01:15:36.95	+00:40:51 (54.0%)	7:33	7.9 (45.7%)
259	WOJCIECHOWSKA Aleksandra	275		K50-59	8		00:37:17	01:15:37.40	+00:40:52 (54.0%)	7:33	7.9 (45.7%)
260	BODNAR Zbigniew	24		M60+	16		00:36:57	01:16:14.75	+00:41:29 (54.4%)	7:37	7.9 (45.7%)
261	KUJAWSKA-SZCZEPAŃSKA Karolina	143		K30-39	33		00:38:12	01:16:25.05	+00:41:40 (54.5%)	7:38	7.9 (45.7%)
262	DACZKOWSKA Henryka	48		K18-29	13		00:38:13	01:16:50.55	+00:42:05 (54.8%)	7:41	7.8 (45.1%)
263	SZPULAK Jarosław	258		M40-49	52		00:37:03	01:18:16.20	+00:43:31 (55.6%)	7:49	7.7 (44.5%)
264	SZPULAK Ewelina	257		K40-49	33		00:37:03	01:18:17.80	+00:43:32 (55.6%)	7:49	7.7 (44.5%)
265	ŁUKASZEWICZ Katarzyna	159		K50-59	9	Tak	00:39:10	01:22:35.25	+00:47:50 (57.9%)	8:15	7.3 (42.2%)
266	DROZDEK Daniel	60		M40-49	53		00:30:30		+00:13:15	6:06	9.8 (56.6%)

Znaleziono 266 wynik(ów)