

# BIEG WOLNOŚCI - BIEG

B4SPORT  
INTELEGENTE ZAWODY SPORTOWE

**Wydarzenie:** Bieg Wolności  
**Organizator:** Stowarzyszenie Pozytywni z Pasją  
**Data:** 2023-08-06  
**Miejsce:** Jastrowie  
**Dystans:** 5.3 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
1	KUŚMIDER Andrzej	232		M-40	1	00:18:51.50		3:33	16.9 (100%)
2	KAPERNA Monika	74	STACHOWSCY AKADEMIA SPORTU	K-30	1	00:19:11.85	+00:00:20 (1.8%)	3:37	16.6 (98.2%)
3	WOŹNIAK Grzegorz	209	MOS KRAJENKA	M-30	1	00:19:32.85	+00:00:41 (3.5%)	3:41	16.3 (96.4%)
4	RADTKA Tomasz	154	LZS 'JEDNOŚĆ' ŁOBŻENICA	M-40	2	00:19:45.50	+00:00:53 (4.5%)	3:43	16.1 (95.3%)
5	HOMAN Dariusz	216	TEAM TERMINATORUN	M-30	2	00:19:57.70	+00:01:06 (5.5%)	3:45	15.9 (94.1%)
6	ZIĘBA Krzysztof	236		M-30	3	00:19:58.35	+00:01:07 (5.6%)	3:46	15.9 (94.1%)
6	SZACHO-GŁUCHOWICZ Ryszard	179		M-40	3	00:19:58.95	+00:01:07 (5.6%)	3:46	15.9 (94.1%)
8	WAŁDOCH Rafał	195	TEAM TERMINATORUN	M-18	1	00:19:53.75	+00:01:08 (5.6%)	3:45	16 (94.7%)
9	CUBER Wojciech	30		M-40	4	00:20:08.85	+00:01:16 (6.3%)	3:47	15.8 (93.5%)
10	LASAK Konrad	105		M-18	2	00:20:35.65	+00:01:44 (8.5%)	3:53	15.4 (91.1%)
11	TOMKOWSKI Przemysław	191	CHRYSTUS KRÓLEM	M-30	4	00:20:47.55	+00:01:56 (9.3%)	3:55	15.3 (90.5%)
12	MICHAŁOWSKI Piotr	120	BIEGAJĄCY DIETETYK TEAM	M-30	5	00:20:51.90	+00:02:00 (9.6%)	3:56	15.3 (90.5%)
13	BŁASZCZYK Piotr	17		M-40	5	00:20:54.80	+00:02:04 (9.8%)	3:56	15.2 (89.9%)
14	KUJAWA Marcin	243	HIGH KICK GYM	M-18	3	00:21:01.70	+00:02:14 (10.5%)	3:57	15.1 (89.3%)
15	KUBIŚ Paweł	93		M-30	6	00:21:11.85	+00:02:22 (11.2%)	3:59	15 (88.8%)
16	KOWALCZYK KRZYSCIN Maciej	86	STRUŚ KĄKOLEWICE	M-40	6	00:21:17.60	+00:02:27 (11.5%)	4:00	14.9 (88.2%)
17	RATAJ Artur	155	3:33 TEAM	M-40	7	00:21:35.60	+00:02:44 (12.6%)	4:04	14.7 (87.0%)
18	ZDRENKA Mateusz	226		M-30	7	00:21:38.85	+00:02:47 (12.9%)	4:04	14.7 (87.0%)
19	SZULC Patryk	182	DESTROY OR BE DESTROYED.	M-30	8	00:21:55.95	+00:03:05 (14.0%)	4:08	14.5 (85.8%)
20	KUKLINSKI Maciej	98	METROŻERCY	M-50	1	00:22:00.55	+00:03:11 (14.4%)	4:09	14.5 (85.8%)
21	JAWORSKI Maciej	71		M-40	8	00:22:18.20	+00:03:27 (15.4%)	4:12	14.3 (84.6%)
22	KOBIERSKI Szymon	83	PCH_RUN	M-30	9	00:22:39.45	+00:03:50 (16.8%)	4:16	14 (82.8%)
23	JAWORUCKI Krystian	72		M-40	9	00:22:40.50	+00:03:52 (17.0%)	4:16	14 (82.8%)
24	CYRUK Łukasz	229		M-30	10	00:22:37.75	+00:03:53 (17.1%)	4:16	14.1 (83.4%)
25	JABŁOŃSKI Andrzej	59	CZARNE BIEGA	M-50	2	00:22:50.55	+00:04:02 (17.6%)	4:18	13.9 (82.2%)
26	CHOJECKI Grzegorz	27		M-30	11	00:22:55.20	+00:04:04 (17.7%)	4:19	13.9 (82.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto	Różn		
27	<b>STACHOWIAK Piotr</b>	<b>168</b>		M-30	12	<b>00:22:56.90</b>	+00:04:05 (17.7%)	4:19	13.9 (82.2%)
28	<b>RYNDAK Mariusz</b>	<b>160</b>	RADOSNY REJENT	M-60	1	<b>00:22:57.10</b>	+00:04:06 (17.8%)	4:19	13.9 (82.2%)
29	<b>MAZUR Tomasz</b>	<b>117</b>	I LO SZCZECINEK	M-40	10	<b>00:22:56.90</b>	+00:04:07 (17.9%)	4:19	13.9 (82.2%)
30	<b>URBAŃSKI Paweł</b>	<b>193</b>	TEAMTERMINATORUN	M-30	13	<b>00:23:08.85</b>	+00:04:22 (18.7%)	4:21	13.7 (81.1%)
31	<b>JANKOWSKI Konrad</b>	<b>64</b>	MKS POLONIA JASTROWIE	M-18	4	<b>00:23:08.70</b>	+00:04:23 (18.8%)	4:21	13.7 (81.1%)
32	<b>MOSZKOWICZ Grzegorz</b>	<b>124</b>		M-30	14	<b>00:23:20.00</b>	+00:04:32 (19.3%)	4:24	13.6 (80.5%)
33	<b>DOMAGALSKI Tomasz</b>	<b>34</b>		M-30	15	<b>00:23:31.45</b>	+00:04:49 (20.3%)	4:26	13.5 (79.9%)
34	<b>MAJKUT Anna</b>	<b>110</b>		K-30	2	<b>00:23:42.45</b>	+00:04:52 (20.4%)	4:28	13.4 (79.3%)
35	<b>SAKOSIK Krystian</b>	<b>248</b>	KOSABIEGA	M-30	16	<b>00:23:48.80</b>	+00:04:57 (20.7%)	4:29	13.4 (79.3%)
36	<b>ŁUO Bożena</b>	<b>227</b>		K-40	1	<b>00:23:48.95</b>	+00:04:58 (20.8%)	4:29	13.4 (79.3%)
37	<b>OGONOWSKI Marek</b>	<b>136</b>	OGON TEAM	M-50	3	<b>00:23:50.70</b>	+00:05:03 (21.1%)	4:29	13.3 (78.7%)
38	<b>FIAŁKOWSKI Krzysztof</b>	<b>44</b>	TERMINATORUN	M-40	11	<b>00:23:57.00</b>	+00:05:09 (21.4%)	4:31	13.3 (78.7%)
39	<b>ŁAWNICZAK Justyna</b>	<b>250</b>	WOLF TEAM	K-40	2	<b>00:24:00.05</b>	+00:05:10 (21.4%)	4:31	13.3 (78.7%)
40	<b>MARCHEL Mariusz</b>	<b>112</b>	STACHOWSCY AKADEMIA SPORTU	M-40	12	<b>00:24:10.35</b>	+00:05:23 (22.1%)	4:33	13.2 (78.1%)
41	<b>SUCHANOWSKI Zygmunt</b>	<b>176</b>	RESPECT LOTYŃ	M-50	4	<b>00:24:19.95</b>	+00:05:30 (22.5%)	4:35	13.1 (77.5%)
42	<b>KŁUNDUKOWSKA Paulina</b>	<b>81</b>		K-30	3	<b>00:24:22.30</b>	+00:05:36 (22.8%)	4:35	13.1 (77.5%)
43	<b>BIELECKI Andrzej</b>	<b>11</b>	3:33 TEAM	M-50	5	<b>00:24:26.50</b>	+00:05:37 (22.9%)	4:36	13 (76.9%)
44	<b>MICHALSKI Mateusz</b>	<b>235</b>		M-30	17	<b>00:24:47.95</b>	+00:05:57 (23.9%)	4:40	12.8 (75.7%)
45	<b>TOWSTOKORY Marek</b>	<b>192</b>	ZŁOTÓW	M-40	13	<b>00:24:46.80</b>	+00:05:58 (24.0%)	4:40	12.8 (75.7%)
46	<b>SZEWCZAK Mariusz</b>	<b>180</b>	PCH RUN	M-50	6	<b>00:24:50.60</b>	+00:06:02 (24.2%)	4:41	12.8 (75.7%)
47	<b>SKRENTNY Franciszek</b>	<b>166</b>		M-50	7	<b>00:24:49.40</b>	+00:06:05 (24.3%)	4:40	12.8 (75.7%)
48	<b>MELON Jacek</b>	<b>119</b>	SZYBKIE BUTY	M-40	14	<b>00:24:52.65</b>	+00:06:05 (24.3%)	4:41	12.8 (75.7%)
49	<b>ZBROJA Miłosz</b>	<b>225</b>		M-18	5	<b>00:24:56.50</b>	+00:06:07 (24.4%)	4:42	12.8 (75.7%)
50	<b>KUICH Piotr</b>	<b>95</b>	LILL-SPORT	M-50	8	<b>00:24:59.70</b>	+00:06:13 (24.7%)	4:42	12.7 (75.1%)
51	<b>ZIELIŃSKI Marcin</b>	<b>220</b>		M-30	18	<b>00:24:57.70</b>	+00:06:15 (24.9%)	4:42	12.7 (75.1%)
52	<b>WAWRUSZAK Andrzej</b>	<b>197</b>	ZŁOTÓW	M-60	2	<b>00:25:08.80</b>	+00:06:17 (24.9%)	4:44	12.7 (75.1%)
53	<b>PAWŁOWSKI Michał</b>	<b>143</b>	PRECON-POLSKA	M-40	15	<b>00:25:12.30</b>	+00:06:25 (25.3%)	4:45	12.6 (74.6%)
54	<b>MICHNOWICZ Michał</b>	<b>121</b>		M-40	16	<b>00:25:21.85</b>	+00:06:32 (25.6%)	4:46	12.5 (74.0%)
55	<b>OSTROWSKI Marian</b>	<b>231</b>		M-60	3	<b>00:25:26.40</b>	+00:06:37 (25.9%)	4:47	12.5 (74.0%)
56	<b>ODWROT Hubert</b>	<b>133</b>	3:33 TEAM	M-50	9	<b>00:25:29.00</b>	+00:06:39 (26.0%)	4:48	12.5 (74.0%)
57	<b>BYLEWSKA Ewa</b>	<b>24</b>	3:33 TEAM	K-40	3	<b>00:25:29.05</b>	+00:06:40 (26.0%)	4:48	12.5 (74.0%)
58	<b>PRZYBYŁOWICZ Małgorzata</b>	<b>150</b>		K-30	4	<b>00:25:32.55</b>	+00:06:42 (26.1%)	4:49	12.5 (74.0%)
59	<b>DŁUGA Magdalena</b>	<b>33</b>	BIEGAM	K-30	5	<b>00:25:34.35</b>	+00:06:46 (26.3%)	4:49	12.4 (73.4%)
60	<b>GÓRA Agnieszka</b>	<b>249</b>	#ZABIEGANINOCA	K-40	4	<b>00:25:39.10</b>	+00:06:53 (26.7%)	4:50	12.4 (73.4%)
61	<b>WAŁDOCH Mateusz</b>	<b>134</b>	TEAMTERMINATORUN	M-18	6	<b>00:25:40.50</b>	+00:06:55 (26.7%)	4:50	12.4 (73.4%)
62	<b>OCHNIO Ryszard</b>	<b>233</b>	MKS POLONIA JASTROWIE	M-40	17	<b>00:25:47.30</b>	+00:07:02 (27.1%)	4:51	12.3 (72.8%)
63	<b>JAKÓBCZYK Sławomir</b>	<b>61</b>		M-40	18	<b>00:25:54.05</b>	+00:07:08 (27.4%)	4:53	12.3 (72.8%)
64	<b>NOWAK Ania</b>	<b>129</b>	PCH_RUN	K-40	5	<b>00:26:06.80</b>	+00:07:17 (27.8%)	4:55	12.2 (72.2%)
65	<b>MIECZKOWSKI Marcin</b>	<b>122</b>		M-50	10	<b>00:26:03.40</b>	+00:07:18 (27.8%)	4:54	12.2 (72.2%)
66	<b>WACHOWICZ Angelika</b>	<b>194</b>		K-18	1	<b>00:26:09.60</b>	+00:07:19 (27.9%)	4:56	12.2 (72.2%)
67	<b>JARCZYŃSKI Roman</b>	<b>66</b>	REMOFLEX	M-50	11	<b>00:26:24.70</b>	+00:07:33 (28.5%)	4:58	12 (71.0%)
68	<b>OPRZĄDEK Anna</b>	<b>137</b>		K-30	6	<b>00:26:31.35</b>	+00:07:42 (28.9%)	5:00	12 (71.0%)
69	<b>PAWŁOWSKA Dorota</b>	<b>141</b>	PCH_RUN	K-40	6	<b>00:26:32.65</b>	+00:07:44 (29.0%)	5:00	12 (71.0%)
70	<b>KUBIAK Daniel</b>	<b>92</b>		M-30	19	<b>00:26:48.90</b>	+00:07:59 (29.7%)	5:03	11.9 (70.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5.3km	Różn		
71	<b>KLUPŚ Agata</b>	<b>77</b>		K-18	2	<b>00:27:00.40</b>	+00:08:13 (30.2%)	5:05	11.8 (69.8%)
72	<b>ZAKIELARZ Piotr</b>	<b>213</b>	TEAM TERMINATORUN	M-30	20	<b>00:26:59.10</b>	+00:08:15 (30.4%)	5:05	11.8 (69.8%)
73	<b>GROBELNA Katarzyna</b>	<b>50</b>	TEAM TERMINATORUN	K-40	7	<b>00:27:00.45</b>	+00:08:17 (30.4%)	5:05	11.8 (69.8%)
74	<b>GROBELNY Andrzej</b>	<b>51</b>	TEAM TERMINATORUN	M-40	19	<b>00:27:01.55</b>	+00:08:18 (30.5%)	5:05	11.8 (69.8%)
75	<b>GROCHOWSKA Agnieszka</b>	<b>52</b>		K-40	8	<b>00:27:11.90</b>	+00:08:23 (30.7%)	5:07	11.7 (69.2%)
76	<b>KOKOWSKA Anna</b>	<b>84</b>		K-30	7	<b>00:27:13.85</b>	+00:08:25 (30.8%)	5:08	11.7 (69.2%)
77	<b>KUŻAJ Sławomir</b>	<b>103</b>	SAILING TEAM FERAJNA	M-50	12	<b>00:27:29.30</b>	+00:08:43 (31.5%)	5:11	11.6 (68.6%)
78	<b>GRABOWSKA Marta</b>	<b>47</b>		K-30	8	<b>00:27:29.80</b>	+00:08:44 (31.6%)	5:11	11.6 (68.6%)
79	<b>BOŁBOT Marcin</b>	<b>19</b>		M-30	21	<b>00:27:33.45</b>	+00:08:45 (31.6%)	5:11	11.5 (68.0%)
80	<b>MYK Dominik</b>	<b>246</b>		M-18	7	<b>00:27:44.05</b>	+00:08:56 (32.1%)	5:13	11.5 (68.0%)
81	<b>JAWORSKI Piotr</b>	<b>70</b>		M-30	22	<b>00:27:49.70</b>	+00:09:02 (32.3%)	5:14	11.4 (67.5%)
82	<b>CYROLEWSKA BOŻEK Aleksandra</b>	<b>245</b>		K-18	3	<b>00:28:04.10</b>	+00:09:16 (32.9%)	5:17	11.3 (66.9%)
83	<b>GRABOWSKI Marek</b>	<b>49</b>	BBL ŻŁOTÓW	M-50	13	<b>00:28:08.25</b>	+00:09:23 (33.2%)	5:18	11.3 (66.9%)
84	<b>WARZEWSKI Grzegorz</b>	<b>196</b>		M-40	20	<b>00:28:18.05</b>	+00:09:33 (33.5%)	5:20	11.2 (66.3%)
85	<b>CHUDZIK Piotr</b>	<b>29</b>	LZS 'JEDNOŚĆ' ŁOBŻENICA	M-50	14	<b>00:28:23.40</b>	+00:09:38 (33.7%)	5:21	11.2 (66.3%)
86	<b>TŁOK Damian</b>	<b>190</b>		M-30	23	<b>00:28:43.30</b>	+00:09:59 (34.5%)	5:25	11.1 (65.7%)
87	<b>BUTOWICZ Adam</b>	<b>22</b>		M-60	4	<b>00:28:46.45</b>	+00:10:02 (34.6%)	5:25	11.1 (65.7%)
88	<b>STRZELECKA Małgorzata</b>	<b>173</b>	SAILING TEAM FERAJNA	K-50	1	<b>00:28:51.70</b>	+00:10:03 (34.7%)	5:26	11 (65.1%)
89	<b>STEMLER Dariusz</b>	<b>172</b>		M-30	24	<b>00:28:49.65</b>	+00:10:05 (34.8%)	5:26	11 (65.1%)
90	<b>SKRENTNY Andrzej</b>	<b>167</b>	-	M-60	5	<b>00:28:58.15</b>	+00:10:13 (35.1%)	5:27	11 (65.1%)
91	<b>SKIERA Kazimierz</b>	<b>165</b>	LZS ŁOBŻENICA	M-60	6	<b>00:28:58.20</b>	+00:10:14 (35.1%)	5:27	11 (65.1%)
92	<b>PRZYBYLSKI-PAWLINOW Jakub</b>	<b>247</b>		M-18	8	<b>00:29:04.20</b>	+00:10:16 (35.2%)	5:29	10.9 (64.5%)
93	<b>PYREK Iwona</b>	<b>153</b>		K-40	9	<b>00:29:21.60</b>	+00:10:37 (35.9%)	5:32	10.8 (63.9%)
94	<b>BIELEŃ Agnieszka</b>	<b>12</b>	OWOCBIEGA TEAM	K-30	9	<b>00:29:29.25</b>	+00:10:46 (36.2%)	5:33	10.8 (63.9%)
95	<b>ZABROCKI Przemysław</b>	<b>211</b>		M-18	9	<b>00:29:31.45</b>	+00:10:52 (36.5%)	5:34	10.8 (63.9%)
96	<b>HOŁOWIECKI Marek</b>	<b>58</b>	CZERWONA CZAPKA HETMANA	M-30	25	<b>00:29:41.80</b>	+00:10:59 (36.7%)	5:36	10.7 (63.3%)
97	<b>BANACZYK Wioletta</b>	<b>6</b>	LILL SPORT	K-50	2	<b>00:29:47.25</b>	+00:11:02 (36.8%)	5:37	10.7 (63.3%)
98	<b>KOSTERA-GÓRSKA Sylwia</b>	<b>244</b>		K-30	10	<b>00:29:47.85</b>	+00:11:06 (37.0%)	5:37	10.7 (63.3%)
99	<b>RATKA Michał</b>	<b>156</b>		M-40	21	<b>00:29:55.85</b>	+00:11:09 (37.1%)	5:38	10.6 (62.7%)
100	<b>KOZŁOWSKI Leon</b>	<b>89</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	M-18	10	<b>00:30:00.50</b>	+00:11:09 (37.1%)	5:39	10.6 (62.7%)
101	<b>KOZIEŁ Maciej</b>	<b>222</b>		M-30	26	<b>00:29:54.80</b>	+00:11:11 (37.1%)	5:38	10.6 (62.7%)
102	<b>BARTON Krystyna</b>	<b>8</b>	PRZECHLEWO	K-60	1	<b>00:30:07.35</b>	+00:11:23 (37.5%)	5:40	10.6 (62.7%)
103	<b>WENCKA Paweł</b>	<b>198</b>		M-30	27	<b>00:30:13.55</b>	+00:11:30 (37.8%)	5:42	10.5 (62.1%)
104	<b>MALINOWSKA Natalia</b>	<b>111</b>		K-30	11	<b>00:30:36.75</b>	+00:11:48 (38.4%)	5:46	10.4 (61.5%)
105	<b>DZIERZAWA Tomasz</b>	<b>41</b>	BBL ŻŁOTÓW	M-50	15	<b>00:31:39.15</b>	+00:12:53 (40.5%)	5:58	10 (59.2%)
106	<b>MAXIEJCZAK Karolina</b>	<b>115</b>	SAILING TEAM FERAJNA	K-40	10	<b>00:31:49.40</b>	+00:13:03 (40.8%)	6:00	10 (59.2%)
107	<b>JAKUBOWSKI Marek</b>	<b>63</b>		M-40	22	<b>00:31:51.75</b>	+00:13:06 (40.9%)	6:00	10 (59.2%)
108	<b>ZBIELSKA Agnieszka</b>	<b>217</b>	PIŁA	K-40	11	<b>00:31:52.40</b>	+00:13:09 (41.0%)	6:00	10 (59.2%)
109	<b>KOWALSKI Paweł</b>	<b>224</b>	TEAMTERMINATORUN	OPEN-M	1	<b>00:32:01.90</b>	+00:13:15 (41.2%)	6:02	9.9 (58.6%)
110	<b>NIEDZIELA Dorota</b>	<b>127</b>	LILL SPORT	K-60	2	<b>00:32:06.35</b>	+00:13:21 (41.3%)	6:03	9.9 (58.6%)
111	<b>KURKOWSKI Mateusz</b>	<b>101</b>	AMATOR	M-18	11	<b>00:32:21.30</b>	+00:13:34 (41.8%)	6:06	9.8 (58.0%)
112	<b>DZIERZAWA Aleksandra</b>	<b>42</b>	BBL ŻŁOTÓW	K-40	12	<b>00:32:23.20</b>	+00:13:37 (41.8%)	6:06	9.8 (58.0%)
113	<b>ZAKIELARZ Adriana</b>	<b>212</b>	TEAM TERMINATORUN	K-30	12	<b>00:32:20.75</b>	+00:13:37 (41.8%)	6:06	9.8 (58.0%)
114	<b>ZYCH Karolina</b>	<b>221</b>		K-18	4	<b>00:32:46.00</b>	+00:13:56 (42.4%)	6:10	9.7 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
115	SADOWSKA Maria	161	BBL ŻŁOTÓW	K-50	3	00:32:42.25	+00:13:57 (42.4%)	6:10	9.7 (57.4%)
116	GRABOWSKA Elżbieta	48	BBL ŻŁOTÓW	K-50	4	00:32:46.40	+00:14:00 (42.5%)	6:10	9.7 (57.4%)
117	BYLEWSKA Joanna	23	3:33 TEAM	K-40	13	00:32:54.15	+00:14:04 (42.6%)	6:12	9.7 (57.4%)
118	BOŁBOT Angelika	18		K-30	13	00:32:57.90	+00:14:07 (42.7%)	6:13	9.7 (57.4%)
119	KURZAWIŃSKA-JABŁOŃSKA Kasia	102	CZARNE BIEGA	K-50	5	00:32:51.50	+00:14:09 (42.8%)	6:11	9.7 (57.4%)
120	LEWANDOWSKI Piotr	241		M-60	7	00:33:14.10	+00:14:31 (43.4%)	6:16	9.6 (56.8%)
121	SUCHANOWSKA Anna	175	RESPECT LOTYŃ	K-50	6	00:33:23.10	+00:14:40 (43.7%)	6:17	9.5 (56.2%)
122	LIPIEC Paweł	107		M-50	16	00:33:36.60	+00:14:47 (43.8%)	6:20	9.5 (56.2%)
123	PROKOPOWICZ Izabela	147	3:33 TEAM	K-40	14	00:33:30.30	+00:14:49 (43.9%)	6:19	9.5 (56.2%)
124	PROKOPOWICZ Marcin	148	3:33 TEAM	M-40	23	00:33:30.50	+00:14:50 (43.9%)	6:19	9.5 (56.2%)
125	JASIEK Paweł	67	#ZABIEGANINOCA	M-30	28	00:33:40.30	+00:14:56 (44.1%)	6:21	9.4 (55.6%)
126	MAZUR Tomasz	118	TEAMTERMINATORUN	M-40	24	00:33:39.95	+00:14:58 (44.1%)	6:20	9.5 (56.2%)
127	MAZUR Anna	116	TEAMTERMINATORUN	K-40	15	00:33:53.85	+00:15:11 (44.5%)	6:23	9.4 (55.6%)
128	THOMAS Jessica	189	ROZBIEGANE JASTROWIE	K-18	5	00:34:40.95	+00:16:00 (45.8%)	6:32	9.2 (54.4%)
129	THOMAS Daniel	188	ROZBIEGANE JASTROWIE	M-30	29	00:34:40.70	+00:16:00 (45.8%)	6:32	9.2 (54.4%)
130	BYLEWSKI Tomasz	230	3:33 TEAM	M-40	25	00:35:02.45	+00:16:13 (46.1%)	6:36	9.1 (53.8%)
131	LEWANDOWSKA Bogumiła	242		K-50	7	00:35:00.40	+00:16:18 (46.3%)	6:36	9.1 (53.8%)
132	KOZŁOWSKI Piotr	88	KLUB SPORTOWY HUSARIA SZCZECINEK	M-40	26	00:35:16.65	+00:16:36 (46.7%)	6:39	9 (53.3%)
133	CZEREŚNIAK Iwona	31		K-50	8	00:35:24.45	+00:16:41 (46.8%)	6:40	9 (53.3%)
134	CHOJECKA Daria	26		K-18	6	00:35:49.80	+00:17:06 (47.4%)	6:45	8.9 (52.7%)
135	STRZELECKI Sebastian 'Kaszana'	174	SAILING TEAM FERAJNA	M-50	17	00:36:10.00	+00:17:26 (47.9%)	6:49	8.8 (52.1%)
136	SOBCZYK Lidia	239		OPEN-K	1	00:36:31.05	+00:17:43 (48.3%)	6:53	8.7 (51.5%)
137	WROBLEWSKI Jerzy	210	PARKRUN SZCZECINEK	M-60	8	00:36:47.30	+00:18:07 (48.9%)	6:56	8.6 (50.9%)
138	SADOWSKA Ula	162		K-30	14	00:37:44.90	+00:18:56 (50.0%)	7:07	8.4 (49.7%)
139	OGONOWSKA Anna	135	TEAM TERMINATORUN	K-18	7	00:38:22.50	+00:19:36 (50.8%)	7:14	8.3 (49.1%)
139	KURKOWSKA Maja	223		K-18	7	00:38:22.70	+00:19:36 (50.8%)	7:14	8.3 (49.1%)
141	HRYNIEWICZ Rafał	234		M-40	27	00:38:22.30	+00:19:42 (51.0%)	7:14	8.3 (49.1%)
142	NOWICKI Maciej	132	OSP SYPNIEWO	M-18	12	00:38:44.40	+00:20:02 (51.4%)	7:18	8.2 (48.5%)
143	SOBCZYK Łucja	240		OPEN-K	2	00:39:35.60	+00:20:47 (52.3%)	7:28	8 (47.3%)
144	WIŚNIK Marcin	203		M-40	28	00:45:28.10	+00:26:48 (58.6%)	8:34	7 (41.4%)
145	WOJEWÓDZKA Lena	238		OPEN-K	3	00:45:40.35	+00:26:52 (58.7%)	8:36	7 (41.4%)
146	WOJEWÓDZKI Sebastian	237		M-40	29	00:45:40.50	+00:26:53 (58.7%)	8:36	7 (41.4%)

Znaleziono 146 wynik(ów)