

BIEG

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

XII Ćwierćmaraton Bielika
Gmina Kołbaskowo
2023-05-27
Kołbaskowo
10.5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MIESZKANIEC GMINY	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
1	WOLSKI Marcin	244	DGS DIAGNOSTICS	M-30	1		00:41:38.71	00:41:41.50		3:57	15.1 (100%)
2	SAWICKI Krzysztof	186	UKS MKL SZCZECIN	M-30	2		00:41:42.41	00:41:44.66	+00:00:03 (0.1%)	3:58	15.1 (100%)
3	KONARSKI Bartosz	88	ERAKAWY	M-40	1		00:41:45.13	00:41:47.72	+00:00:06 (0.2%)	3:58	15.1 (100%)
4	OPAS Adam	154	UKL ÓSEMKA POLICE	M-40	2		00:42:02.75	00:42:03.60	+00:00:22 (0.9%)	4:00	15 (99.3%)
5	WASILEWSKI Andrzej	232	DGS DIAGNOSTICS	M-40	3		00:42:10.35	00:42:14.86	+00:00:33 (1.3%)	4:00	14.9 (98.7%)
6	NOWEK Paweł	148		M-40	4	Tak	00:43:36.96	00:43:36.96	+00:01:55 (4.4%)	4:09	14.4 (95.4%)
7	ZAMOIC Daniel	256		M-18	1		00:44:32.86	00:44:37.25	+00:02:55 (6.6%)	4:14	14.1 (93.4%)
8	LIEBNER Patryk	118	TRIGYM SZCZECIN	M-40	5		00:45:08.44	00:45:09.29	+00:03:27 (7.7%)	4:17	14 (92.7%)
9	PORWICH Radosław	170	TT SZCZECIN	M-50	1		00:46:01.33	00:46:03.78	+00:04:22 (9.5%)	4:22	13.7 (90.7%)
10	GRZEGÓRZEK Paulina	60	RAZ SZCZECIN	K-30	1		00:46:14.37	00:46:15.22	+00:04:33 (9.9%)	4:24	13.6 (90.1%)
11	BORGER Krzysztof	26	UKL ÓSEMKA POLICE	M-40	6		00:46:23.84	00:46:26.40	+00:04:44 (10.2%)	4:25	13.6 (90.1%)
12	STRZELECKI Przemysław	200	TRIGYM SZCZECIN	M-30	3		00:46:38.08	00:46:41.78	+00:05:00 (10.7%)	4:26	13.5 (89.4%)
13	TABĘCKI Radosław	220		M-30	4		00:46:53.05	00:46:56.99	+00:05:15 (11.2%)	4:27	13.4 (88.7%)

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14	BALCERZAK Przemysław	9	UKL ÓSEMKA POLICE	M-40	7		00:47:02.24	00:47:05.06	+00:05:23 (11.5%)	4:28	13.4 (88.7%)
15	MAZUR Mariusz Prospero	128	POBIEROWO BIEGA	M-30	5		00:47:31.77	00:47:32.61	+00:05:51 (12.3%)	4:31	13.3 (88.1%)
16	OLEJNIK Przemek	151		M-50	2		00:47:35.21	00:47:38.93	+00:05:57 (12.5%)	4:31	13.2 (87.4%)
17	MOSZYŃSKI Maciej	136	EKOPROJEKT RUN TEAM	M-30	6		00:48:55.62	00:48:58.54	+00:07:17 (14.9%)	4:39	12.9 (85.4%)
18	SZTADILÓW Arkadiusz	209	HELLAS_WEAR	M-40	8	Tak	00:49:04.76	00:49:08.76	+00:07:27 (15.2%)	4:40	12.8 (84.8%)
19	SPYCHAŁA Paweł	194		M-40	9	Tak	00:49:22.02	00:49:27.83	+00:07:46 (15.7%)	4:42	12.8 (84.8%)
20	PUCHALSKI Grzegorz	176	RUNFOURFUN	M-30	7		00:49:31.18	00:49:33.71	+00:07:52 (15.9%)	4:42	12.7 (84.1%)
21	PILARSKI Paweł	163	PUSZCZA TEAM	M-40	10		00:49:40.27	00:49:46.94	+00:08:05 (16.3%)	4:43	12.7 (84.1%)
22	PIWKO Mateusz	165		M-30	8		00:50:05.95	00:50:10.94	+00:08:29 (16.9%)	4:46	12.6 (83.4%)
23	MURAWSKA Wioletta	138		K-50	1		00:50:18.15	00:50:21.07	+00:08:39 (17.2%)	4:47	12.5 (82.8%)
24	KALICIAK Rafał	79	HELLAS WEAR	M-40	11		00:50:31.68	00:50:34.95	+00:08:53 (17.6%)	4:48	12.5 (82.8%)
25	SOTEK Łukasz	192		M-30	9	Tak	00:50:35.46	00:50:41.20	+00:08:59 (17.7%)	4:49	12.5 (82.8%)
26	PRZEWOŹNIAK Krzysztof	175		M-30	10	Tak	00:50:32.54	00:50:42.50	+00:09:01 (17.8%)	4:48	12.5 (82.8%)
27	ŁYSKANOWSKI Sławomir	122		M-30	11		00:50:40.77	00:50:51.14	+00:09:09 (18.0%)	4:49	12.4 (82.1%)
28	KLAUZIŃSKI Arkadiusz	83		M-40	12		00:50:54.05	00:50:56.89	+00:09:15 (18.2%)	4:50	12.4 (82.1%)
29	LEWANDOWSKI Daniel	116	WY-BIEGANI SZCZECIN	M-30	12		00:50:58.60	00:51:01.75	+00:09:20 (18.3%)	4:51	12.4 (82.1%)
30	WORONOWICZ Paweł	247		M-30	13		00:51:04.78	00:51:04.78	+00:09:23 (18.4%)	4:51	12.3 (81.5%)
31	GRZYBOWSKI Robert	61	GRUPA AZOTY POLICE/ BOLI BOLI	M-40	13		00:51:09.72	00:51:15.46	+00:09:33 (18.7%)	4:52	12.3 (81.5%)
32	SZUBIŃSKI Adam	210		M-40	14		00:51:19.16	00:51:24.82	+00:09:43 (18.9%)	4:53	12.3 (81.5%)
33	CZYŻEWSKI Tomasz	43	TENET	M-40	15		00:51:22.38	00:51:35.93	+00:09:54 (19.2%)	4:53	12.3 (81.5%)
34	BLICHARZ Jarek	21		M-50	3		00:51:48.33	00:51:51.92	+00:10:10 (19.6%)	4:56	12.2 (80.8%)
35	WARCZALOWSKI Arkadiusz	230		M-40	16		00:51:54.82	00:52:00.07	+00:10:18 (19.8%)	4:56	12.1 (80.1%)
36	ZAKRZEWSKI Paweł	253		M-40	17		00:52:00.64	00:52:00.64	+00:10:19 (19.8%)	4:57	12.1 (80.1%)

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37	FURMAŃCZYK Konrad	51		M-40	18		00:52:12.82	00:52:20.08	+00:10:38 (20.3%)	4:58	12.1 (80.1%)
38	ZALAS Adam	254		M-40	19		00:52:32.84	00:52:42.04	+00:11:00 (20.9%)	5:00	12 (79.5%)
39	KOBIELAK Piotr	86		M-18	2		00:52:36.21	00:52:42.69	+00:11:01 (20.9%)	5:00	12 (79.5%)
40	KOSIŁKO Tomasz	152	TRIGYM SZCZECIN	M-40	20		00:52:39.37	00:52:45.40	+00:11:03 (21.0%)	5:00	12 (79.5%)
41	HAŁGAS Piotr	63	OKS TANOWO	M-30	14		00:53:03.40	00:53:07.74	+00:11:26 (21.5%)	5:03	11.9 (78.8%)
42	SADOWSKI Kamil	185	OKS TANOWO	M-18	3		00:53:02.53	00:53:07.81	+00:11:26 (21.5%)	5:03	11.9 (78.8%)
43	PIOTROWSKI Piotr	164		M-40	21		00:53:00.89	00:53:14.80	+00:11:33 (21.7%)	5:02	11.9 (78.8%)
44	KOZINIEC Krystian	92	DRUŻYNA FILIPA	M-40	22		00:53:11.88	00:53:15.66	+00:11:34 (21.7%)	5:03	11.8 (78.1%)
45	SZCZYGIELSKI Radosław	207	DECATHLON	M-30	15		00:53:40.37	00:53:51.21	+00:12:09 (22.6%)	5:06	11.7 (77.5%)
46	PIERUN Paweł	161		M-30	16		00:53:52.37	00:53:52.37	+00:12:10 (22.6%)	5:07	11.7 (77.5%)
47	SZYMCZAK Robert	217	WY-BIEGANI	M-40	23		00:53:49.65	00:53:56.79	+00:12:15 (22.7%)	5:07	11.7 (77.5%)
48	LEWANDOWSKI Grzegorz	117		M-60	1		00:54:01.93	00:54:01.93	+00:12:20 (22.8%)	5:08	11.7 (77.5%)
49	JASAK Michał	71	DGS DIAGNOSTICS	M-30	17		00:54:09.65	00:54:21.29	+00:12:39 (23.3%)	5:09	11.6 (76.8%)
50	STAWICKI Tomasz	196		M-40	24		00:54:23.83	00:54:28.25	+00:12:46 (23.5%)	5:10	11.6 (76.8%)
51	DZICZEK Ireneusz	48	RAZ SZCZECIN	M-50	4		00:54:00.44	00:54:30.36	+00:12:48 (23.5%)	5:08	11.7 (77.5%)
52	WÓJCIK Katarzyna	248	FIZJOBIEGACZE SZCZECIN	K-40	1		00:54:31.69	00:54:35.37	+00:12:53 (23.6%)	5:11	11.6 (76.8%)
53	MATUSZAK Krzysztof	127	TRIGYM / MATUSZAK TEAM	M-40	25		00:54:34.38	00:54:40.22	+00:12:58 (23.7%)	5:11	11.5 (76.2%)
54	NIEDOBA Oliwier	144	ALCHEMICZNA GILDIA BIEGOWA	M-18	4		00:54:38.91	00:54:45.85	+00:13:04 (23.9%)	5:12	11.5 (76.2%)
55	GŁOWACKI Mariusz	54	KLUB KAPITANA BOMBY	M-30	18		00:54:38.68	00:54:55.62	+00:13:14 (24.1%)	5:12	11.5 (76.2%)
56	LEOŃCZUK Filip	114	B	M-18	5		00:54:59.42	00:55:20.25	+00:13:38 (24.7%)	5:14	11.5 (76.2%)
57	BARAN Tomasz	11		M-40	26		00:55:14.52	00:55:24.17	+00:13:42 (24.7%)	5:15	11.4 (75.5%)
58	CHWIEDUK Andrzej	38		M-30	19		00:55:20.99	00:55:25.57	+00:13:44 (24.8%)	5:16	11.4 (75.5%)
59	SIDOROWICZ Bartosz	187	DGS DIAGNOSTICS	M-30	20		00:55:06.64	00:55:28.43	+00:13:46 (24.8%)	5:14	11.4 (75.5%)

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60	BACHTA Katarzyna	8		K-30	2	Tak	00:55:35.35	00:55:43.99	+00:14:02 (25.2%)	5:17	11.3 (74.8%)
61	ZIMNY Tomasz	261	FARTY PUSZCZY	M-60	2		00:55:39.24	00:55:44.12	+00:14:02 (25.2%)	5:18	11.3 (74.8%)
62	KRAWNIAK Michał	98		M-40	27		00:55:48.79	00:55:52.56	+00:14:11 (25.4%)	5:18	11.3 (74.8%)
63	WOJDYLEWSKI Ariel	243		M-40	28	Tak	00:55:48.47	00:55:56.02	+00:14:14 (25.5%)	5:18	11.3 (74.8%)
64	ROŚLAŃ Krzysztof	180		M-30	21		00:55:57.12	00:56:07.34	+00:14:25 (25.7%)	5:19	11.3 (74.8%)
65	STOPCZYŃSKI Mateusz	198		M-30	22		00:56:09.59	00:56:09.59	+00:14:28 (25.8%)	5:20	11.2 (74.2%)
66	MAKÓWKA Adrian	22		M-40	29		00:56:37.02	00:56:41.11	+00:14:59 (26.5%)	5:23	11.1 (73.5%)
67	NIEDLICH Anna	143	DGS	K-40	2		00:56:43.98	00:56:55.99	+00:15:14 (26.8%)	5:24	11.1 (73.5%)
68	LANGIEWICZ Jacek	112		M-60	3		00:56:53.37	00:56:57.65	+00:15:16 (26.8%)	5:25	11.1 (73.5%)
69	NOWAK Michał	146		M-40	30	Tak	00:56:50.01	00:57:00.83	+00:15:19 (26.9%)	5:24	11.1 (73.5%)
70	WILK Anna	239	DECATHLON	K-30	3		00:56:56.01	00:57:07.60	+00:15:26 (27.0%)	5:25	11.1 (73.5%)
71	OLEŃDZKI Michał	153		M-30	23		00:57:19.11	00:57:26.08	+00:15:44 (27.4%)	5:27	11 (72.8%)
72	CZAJKOWSKI Magdalena	39		K-40	3		00:57:33.04	00:57:40.84	+00:15:59 (27.7%)	5:28	10.9 (72.2%)
73	KACZKOWSKI Roman	77		M-50	5		00:57:39.77	00:57:43.71	+00:16:02 (27.8%)	5:29	10.9 (72.2%)
74	SZCZEPANIAK Iwona	206		K-30	4		00:57:42.20	00:57:54.54	+00:16:13 (28.0%)	5:29	10.9 (72.2%)
75	BIELAN Artur	20		M-40	31		00:57:52.53	00:57:58.96	+00:16:17 (28.1%)	5:30	10.9 (72.2%)
76	BRZEZIŃSKI Łukasz	27		M-40	32	Tak	00:57:59.54	00:58:07.73	+00:16:26 (28.3%)	5:31	10.9 (72.2%)
77	DROŹDZIEL Magdalena	45	KB HERMES GRYFINO	K-30	5		00:58:15.95	00:58:22.51	+00:16:41 (28.6%)	5:32	10.8 (71.5%)
78	PŁUCIENNIK Piotr	168	SAVAGES	M-40	33		00:58:06.54	00:58:25.47	+00:16:43 (28.6%)	5:32	10.8 (71.5%)
79	SZYMAŃSKI Patryk	215	DECATHLON	M-18	6		00:58:30.04	00:58:30.04	+00:16:48 (28.7%)	5:34	10.8 (71.5%)
80	TOMASZEWSKI Kamil	224		M-30	24		00:58:26.81	00:58:31.94	+00:16:50 (28.8%)	5:33	10.8 (71.5%)
81	WRĘBIAK Dariusz	249		M-40	34		00:58:12.35	00:58:33.39	+00:16:51 (28.8%)	5:32	10.8 (71.5%)
82	LEGEĆ Jerzy	113		M-60	4		00:58:18.95	00:58:38.38	+00:16:56 (28.9%)	5:33	10.8 (71.5%)

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83	WOLSKI Tomasz	245	WIECZORNE BIEGANIE W SZCZECINIE	M-50	6		00:58:37.62	00:58:49.22	+00:17:07 (29.1%)	5:34	10.7 (70.9%)
84	NAREJKO Paweł	139		M-30	25		00:58:56.66	00:59:02.48	+00:17:20 (29.4%)	5:36	10.7 (70.9%)
85	PYZA Sławomir	177	SAVAGES	M-30	26		00:58:58.23	00:59:18.52	+00:17:37 (29.7%)	5:36	10.7 (70.9%)
86	BARANOWSKI Michał	15	SAVAGES	M-30	27		00:59:09.87	00:59:29.74	+00:17:48 (29.9%)	5:38	10.7 (70.9%)
87	KRACZOWSKI Mirosław	94		M-50	7		00:59:29.89	00:59:29.89	+00:17:48 (29.9%)	5:39	10.6 (70.2%)
88	POPIELARSKI Tomasz	169		M-50	8		00:58:54.20	00:59:46.70	+00:18:05 (30.3%)	5:36	10.7 (70.9%)
89	WIESZCZEK Wojciech	238		M-60	5		00:59:59.32	01:00:02.62	+00:18:21 (30.6%)	5:42	10.5 (69.5%)
90	ROSTKOWSKI Mateusz	181		M-30	28		00:59:48.76	01:00:05.64	+00:18:24 (30.6%)	5:41	10.5 (69.5%)
91	LIPIŃSKI Adam	119		M-30	29		01:00:05.80	01:00:05.80	+00:18:24 (30.6%)	5:43	10.5 (69.5%)
92	ŁUKASIK Michał	121		M-40	35		01:00:12.94	01:00:16.04	+00:18:34 (30.8%)	5:44	10.5 (69.5%)
93	PILARCZYK Patryk	162		M-18	7		01:00:03.48	01:00:18.06	+00:18:36 (30.9%)	5:43	10.5 (69.5%)
94	MAŁOWIECKI Grzegorz	124	GMINA KOŁBASKOWO BIEGA	M-50	9	Tak	01:00:30.33	01:00:36.77	+00:18:55 (31.2%)	5:45	10.4 (68.9%)
95	KRZYŻANOWSKI Paweł	103		M-40	36		01:00:35.17	01:00:42.44	+00:19:00 (31.3%)	5:46	10.4 (68.9%)
96	ŚCIERKO Dawid	218	WY-BIEGANI SZCZECIN	M-30	30		01:00:41.09	01:00:46.13	+00:19:04 (31.4%)	5:46	10.4 (68.9%)
97	STACHOWSKI Andrzej	195	MONIAGYM	M-50	10		01:00:22.96	01:00:46.26	+00:19:04 (31.4%)	5:44	10.4 (68.9%)
98	KOPKA Paweł	90	AMAZON	M-30	31		01:00:38.31	01:00:46.79	+00:19:05 (31.4%)	5:46	10.4 (68.9%)
99	KUFEL Krzysztof	106	PATOBIEGANIE	M-40	37		01:00:47.62	01:00:47.62	+00:19:06 (31.4%)	5:47	10.4 (68.9%)
100	NIEDBAŁA Łukasz	142		M-40	38		01:00:43.97	01:00:57.66	+00:19:16 (31.6%)	5:46	10.4 (68.9%)
101	NIEDBALA Aleksandra	141		K-30	6		01:00:43.86	01:00:58.25	+00:19:16 (31.6%)	5:46	10.4 (68.9%)
102	SZOSTAK Daniel	208		M-40	39		01:01:01.54	01:01:13.42	+00:19:31 (31.9%)	5:48	10.3 (68.2%)
103	SZULC Helena	211	DGS DIAGNOSTICS	K-30	7		01:01:19.72	01:01:27.30	+00:19:45 (32.2%)	5:50	10.3 (68.2%)
104	GWÓŹDŹ Filip	62		M-30	32		01:01:16.81	01:01:42.98	+00:20:01 (32.4%)	5:50	10.3 (68.2%)
105	ŁAGOWNIK Nina	1		K-30	8		01:01:17.39	01:01:43.51	+00:20:02 (32.5%)	5:50	10.3 (68.2%)

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106	SOBISZ Adrianna	81		K-18	1		01:01:45.51	01:01:54.33	+00:20:12 (32.7%)	5:52	10.2 (67.5%)
107	BAMBER Jacek	10	LENIWE BUŁY MIERZYN	M-40	40		01:01:45.67	01:01:59.12	+00:20:17 (32.7%)	5:52	10.2 (67.5%)
108	WARACHOWSKI Marcin	228		M-40	41		01:01:45.67	01:01:59.78	+00:20:18 (32.8%)	5:52	10.2 (67.5%)
109	KRÓLIKOWSKI Rafał	99		M-18	8		01:01:55.48	01:02:02.81	+00:20:21 (32.8%)	5:53	10.2 (67.5%)
110	KRASKA Maciej	97		M-30	33		01:01:56.46	01:02:03.59	+00:20:22 (32.8%)	5:53	10.2 (67.5%)
111	WALCZAK Tadeusz	226		M-50	11		01:02:13.55	01:02:18.68	+00:20:37 (33.1%)	5:55	10.1 (66.9%)
112	WINIARZ Łukasz	240		M-30	34		01:02:12.75	01:02:19.70	+00:20:38 (33.1%)	5:55	10.1 (66.9%)
113	PASTERNAK Ryszard	159		M-50	12		01:02:08.39	01:02:23.70	+00:20:42 (33.2%)	5:55	10.1 (66.9%)
114	BUDNY Wojciech	29		M-40	42		01:02:12.17	01:02:25.23	+00:20:43 (33.2%)	5:55	10.1 (66.9%)
115	PROBOLA Grzegorz	171	GRYFUS SZCZECIN	M-40	43		01:02:50.07	01:02:56.19	+00:21:14 (33.8%)	5:59	10 (66.2%)
116	ANIOŁA-KUSZ Dominik	4		M-40	44		00:58:51.08	01:02:59.30	+00:21:17 (33.8%)	5:36	10.7 (70.9%)
117	ŻAK Karol	205		M-30	35		01:02:46.03	01:03:03.03	+00:21:21 (33.9%)	5:58	10 (66.2%)
118	KŁACZKIEWICZ Alicja	84	WY-BIEGANI SZCZECIN	K-30	9		01:02:56.70	01:03:07.91	+00:21:26 (34.0%)	5:59	10 (66.2%)
119	KOZACZUK Grzegorz	91		M-40	45		01:03:21.81	01:03:21.81	+00:21:40 (34.2%)	6:02	9.9 (65.6%)
120	HEJNA Małgorzata	65		K-50	2		01:03:04.66	01:03:22.80	+00:21:41 (34.2%)	6:00	10 (66.2%)
121	JAKUBIAK Anna	7		K-50	3		01:03:42.29	01:03:42.29	+00:22:00 (34.6%)	6:04	9.9 (65.6%)
122	PRUSZANOW Marcin	174	KB HERMES GRZYFINO	M-40	46		01:03:25.41	01:03:43.31	+00:22:01 (34.6%)	6:02	9.9 (65.6%)
123	HANDSCHKE Iwona	64		K-30	10		01:03:36.76	01:03:44.66	+00:22:03 (34.6%)	6:03	9.9 (65.6%)
124	CHABIŃSKI Artur	32	DGS DIAGNOSTICS	M-30	36		01:03:31.97	01:03:55.55	+00:22:14 (34.8%)	6:02	9.9 (65.6%)
125	JENDRZEJCZYK Mariusz	73	KLUB KAPITANA BOMBY	M-30	37		01:03:46.83	01:04:03.40	+00:22:21 (34.9%)	6:04	9.9 (65.6%)
126	KUJAWA Bartosz	107		M-30	38		01:04:03.95	01:04:14.49	+00:22:32 (35.1%)	6:06	9.8 (64.9%)
127	PROROK Krzysztof	173		M-30	39		01:04:06.59	01:04:15.01	+00:22:33 (35.1%)	6:06	9.8 (64.9%)
128	DROZDOWICZ Kamil	44		M-30	40		01:04:39.93	01:04:52.40	+00:23:10 (35.7%)	6:09	9.7 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MIESZKANIEC GMINY	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
129	WITORZĘĆ Dariusz	242		M-50	13		01:04:41.94	01:04:52.73	+00:23:11 (35.7%)	6:09	9.7 (64.2%)
130	BARANOWSKA Anna	13	SAVAGES	K-30	11		01:04:37.02	01:04:57.55	+00:23:16 (35.8%)	6:09	9.7 (64.2%)
131	MAŚLANKA Klaudia	126		K-30	12		01:04:55.01	01:05:04.60	+00:23:23 (35.9%)	6:10	9.7 (64.2%)
132	CZERWIŃSKI Dariusz	42	LOVELASY	M-50	14		01:04:57.43	01:05:08.43	+00:23:26 (36.0%)	6:11	9.7 (64.2%)
133	BUDNA Anna	28		K-40	4		01:04:59.66	01:05:12.98	+00:23:31 (36.1%)	6:11	9.7 (64.2%)
134	ZADURSKI Robert	252		M-50	15		01:04:58.34	01:05:20.45	+00:23:38 (36.2%)	6:11	9.7 (64.2%)
135	ŻYTKOWIAK Michał	265	RUCHOWA AKADEMIA ZDROWIA SZCZECIN	M-40	47		01:05:12.18	01:05:23.90	+00:23:42 (36.2%)	6:12	9.7 (64.2%)
136	WYKA Daniel	251	BBL BARLINEK	M-40	48		01:05:26.97	01:05:38.51	+00:23:57 (36.5%)	6:13	9.6 (63.6%)
137	ROBAK Aleksandra	179	DECATHLON	K-30	13		01:05:38.02	01:05:50.25	+00:24:08 (36.7%)	6:15	9.6 (63.6%)
138	PARTACZ Marek	158		M-40	49		01:05:54.84	01:05:54.84	+00:24:13 (36.7%)	6:16	9.6 (63.6%)
139	MAJEWSKA Agnieszka	123	WIECZORNE BIEGANIE W SZCZECINIE	K-30	14		01:05:54.64	01:05:59.88	+00:24:18 (36.8%)	6:16	9.6 (63.6%)
140	MOŁODECKI Sylwiusz	134	GC2R	M-50	16		01:05:45.96	01:06:08.44	+00:24:26 (37.0%)	6:15	9.6 (63.6%)
141	SIEKIERSKI Piotr	188	DECATHLON	M-18	9		01:06:01.15	01:06:23.33	+00:24:41 (37.2%)	6:17	9.5 (62.9%)
142	KURYS Tetiana	108		K-40	5		01:06:11.34	01:06:25.61	+00:24:44 (37.2%)	6:18	9.5 (62.9%)
143	CZAJKOWSKI Kamil	40	AGATEAM	M-40	50		01:06:18.84	01:06:27.08	+00:24:45 (37.3%)	6:18	9.5 (62.9%)
144	LESIECKA Joanna	115		K-30	15		01:06:26.08	01:06:29.21	+00:24:47 (37.3%)	6:19	9.5 (62.9%)
145	WIENCIS Małgorzata	237		K-40	6		01:06:25.74	01:06:43.99	+00:25:02 (37.5%)	6:19	9.5 (62.9%)
146	SULINSKA Ewelina	202	MAZDA	K-30	16		01:06:38.14	01:06:49.16	+00:25:07 (37.6%)	6:20	9.5 (62.9%)
147	BARANOWICZ Michał	12		M-18	10		01:06:40.07	01:07:02.74	+00:25:21 (37.8%)	6:20	9.5 (62.9%)
148	PANASIUK Sambor	156	DGS DIAGNOSTICS	M-30	41		01:06:49.16	01:07:21.25	+00:25:39 (38.1%)	6:21	9.4 (62.3%)
149	ADAMCZAK Piotr	2	DGS	M-30	42		01:06:56.96	01:07:21.35	+00:25:39 (38.1%)	6:22	9.4 (62.3%)
150	KRUŻYŃSKI Mariusz	102	MARIO	M-30	43		01:07:11.62	01:07:22.98	+00:25:41 (38.1%)	6:23	9.4 (62.3%)
151	GÓRNIK Sławomir	58	WIOSŁO	M-40	51		01:07:14.04	01:07:27.60	+00:25:46 (38.2%)	6:24	9.4 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MIESZKANIEC GMINY	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
152	ADAMCZUK Feliks	3		M-50	17		01:07:13.13	01:07:31.35	+00:25:49 (38.3%)	6:24	9.4 (62.3%)
153	GŁOGOWSKI Jan	53		M-60	6		01:07:17.30	01:07:32.12	+00:25:50 (38.3%)	6:24	9.4 (62.3%)
154	MIELNICZUK Marcin	131		M-30	44		01:07:28.28	01:07:44.47	+00:26:02 (38.5%)	6:25	9.3 (61.6%)
155	RYBICKI Janusz	184		M-60	7		01:07:46.64	01:07:51.08	+00:26:09 (38.6%)	6:27	9.3 (61.6%)
156	KUBASIK Waldemar	104	BOSMAN	M-60	8		01:07:52.64	01:07:58.30	+00:26:16 (38.7%)	6:27	9.3 (61.6%)
157	JURCZYŃSKI Łukasz	76	KOPAŃSKIEGO TEAM	M-30	45		01:07:44.17	01:08:00.37	+00:26:18 (38.7%)	6:27	9.3 (61.6%)
158	FAJER Markus	49	RAZ SZCZECIN	M-60	9		01:08:01.10	01:08:15.89	+00:26:34 (38.9%)	6:28	9.3 (61.6%)
159	WASYŁENKO Bartłomiej	233	DGS DIAGNOSTICS	M-40	52		01:08:07.97	01:08:29.78	+00:26:48 (39.1%)	6:29	9.2 (60.9%)
160	KOPKA Elżbieta	89	WIECZORNE BIEGANIE W SZCZECINIE	K-60	1		01:08:34.77	01:08:42.18	+00:27:00 (39.3%)	6:31	9.2 (60.9%)
161	NOWAK Wiesław	147	ROWERY TUROWSKI	M-60	10		01:08:47.08	01:09:11.10	+00:27:29 (39.7%)	6:33	9.2 (60.9%)
162	WARACHOWSKI Łukasz	229		M-30	46		01:09:01.84	01:09:15.94	+00:27:34 (39.8%)	6:34	9.1 (60.3%)
163	WARACHOWSKA Sylwia	227		K-30	17		01:09:17.37	01:09:17.37	+00:27:35 (39.8%)	6:35	9.1 (60.3%)
164	PISZCZYŃSKI Remigiusz	268	ERLAND	M-40	53		01:08:58.22	01:09:17.52	+00:27:36 (39.8%)	6:34	9.1 (60.3%)
165	NURSKA Emilia	149		K-60	2		01:09:00.87	01:09:19.53	+00:27:38 (39.9%)	6:34	9.1 (60.3%)
166	KUBIAK Michał	105		M-40	54		01:09:22.24	01:09:37.53	+00:27:56 (40.1%)	6:36	9.1 (60.3%)
167	PLEWKA-PARUSZEWSKA Wioletta	166		K-30	18		01:09:38.27	01:09:44.46	+00:28:02 (40.2%)	6:37	9 (59.6%)
168	TALAREK Robert	221		M-40	55		01:09:26.33	01:09:45.11	+00:28:03 (40.2%)	6:36	9.1 (60.3%)
169	BUREK Andrzej	30		M-60	11		01:09:55.36	01:10:02.31	+00:28:20 (40.5%)	6:39	9 (59.6%)
170	WIĄCEK Anna	235	KOBIECE BIEGANIE	K-40	7	Tak	01:09:56.56	01:10:06.49	+00:28:24 (40.5%)	6:39	9 (59.6%)
171	KACZMAREK Arleta	78	KOBIECE BIEGANIE	K-40	8	Tak	01:09:55.61	01:10:06.52	+00:28:25 (40.5%)	6:39	9 (59.6%)
172	MAJOS Małgorzata	6		K-50	4		01:09:57.39	01:10:16.21	+00:28:34 (40.7%)	6:39	9 (59.6%)
173	RUDZEWICZ Mariusz	183		M-30	47		01:10:17.19	01:10:17.19	+00:28:35 (40.7%)	6:41	9 (59.6%)
174	JAKSINA Anna	69	WIECZORNE	K-40	9		01:10:29.75	01:10:34.66	+00:28:53 (40.9%)	6:42	8.9 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MIESZKANIEC GMINY	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
175	SOBCZAK-KUFEL Ilona	190	PATOBIEGANIE	K-40	10		01:10:23.54	01:10:37.11	+00:28:55 (41.0%)	6:42	9 (59.6%)
176	MASZKIEWICZ Katarzyna	125	DGS	K-40	11		01:10:23.37	01:10:49.07	+00:29:07 (41.1%)	6:42	9 (59.6%)
177	ULAWSKA Anna	225		K-40	12	Tak	01:10:31.36	01:10:51.16	+00:29:09 (41.2%)	6:42	8.9 (58.9%)
178	WONDOŁOWSKI Stanisław	246	WIECZORNE BIEGANIE	M-60	12		01:10:45.71	01:11:02.24	+00:29:20 (41.3%)	6:44	8.9 (58.9%)
179	GÓRALSKI Michał	57		M-30	48		01:10:47.75	01:11:04.10	+00:29:22 (41.3%)	6:44	8.9 (58.9%)
180	NOWAK Mateusz	145		M-30	49		01:10:57.68	01:11:10.09	+00:29:28 (41.4%)	6:45	8.9 (58.9%)
181	MIRONŃ Dorota	132		K-18	2		01:10:58.89	01:11:21.62	+00:29:40 (41.6%)	6:45	8.9 (58.9%)
182	ZYDOMORSKI Norbert	262		M-30	50		01:11:04.56	01:11:21.94	+00:29:40 (41.6%)	6:46	8.9 (58.9%)
183	HOFMAN Katarzyna	68		K-40	13	Tak	01:11:01.89	01:11:23.24	+00:29:41 (41.6%)	6:45	8.9 (58.9%)
184	HOFMAN Tomasz	67		M-30	51		01:11:01.90	01:11:23.38	+00:29:41 (41.6%)	6:45	8.9 (58.9%)
185	BIEGANSKI Tomasz	19		M-40	56		01:11:24.27	01:11:33.36	+00:29:51 (41.7%)	6:48	8.8 (58.3%)
186	WRÓBLEWSKA Anna	250	KLUB BIEGACZA KAMIEŃ POMORSKI	K-40	14		01:11:33.54	01:11:47.46	+00:30:05 (41.9%)	6:48	8.8 (58.3%)
187	MAZUR Karolina	129		K-30	19		01:11:33.64	01:11:47.69	+00:30:06 (41.9%)	6:48	8.8 (58.3%)
188	WEBER Eunika	234		K-30	20		01:11:33.94	01:11:47.74	+00:30:06 (41.9%)	6:48	8.8 (58.3%)
189	KWIECIEŃ Michał	110	DGS	M-30	52		01:12:01.31	01:12:24.67	+00:30:43 (42.4%)	6:51	8.7 (57.6%)
190	OCIEPKA Paweł	150		M-40	57		01:12:05.18	01:12:33.97	+00:30:52 (42.5%)	6:51	8.7 (57.6%)
191	CZAPLA Tomasz	41		M-40	58		01:12:03.93	01:12:34.18	+00:30:52 (42.5%)	6:51	8.7 (57.6%)
192	ORŁOWSKI Adrian	155		M-30	53		01:12:43.19	01:12:43.19	+00:31:01 (42.7%)	6:55	8.7 (57.6%)
193	BEDNARZ Maciej	17		M-40	59	Tak	01:12:28.74	01:12:54.25	+00:31:12 (42.8%)	6:54	8.7 (57.6%)
194	NAUS Joanna	140		K-50	5		01:12:50.25	01:12:58.24	+00:31:16 (42.9%)	6:56	8.6 (57.0%)
195	JÓSEWICZ Grzegorz	74		M-30	54		01:12:13.14	01:13:11.12	+00:31:29 (43.0%)	6:52	8.7 (57.6%)
196	MICHALIK-CAŁY Kasia	130	KOBIECE BIEGANIE	K-30	21	Tak	01:13:17.65	01:13:27.52	+00:31:46 (43.2%)	6:58	8.6 (57.0%)
197	WASILEWSKA Agata	231		K-18	3		01:13:32.65	01:13:49.17	+00:32:07 (43.5%)	7:00	8.6 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MIESZKANIEC GMINY	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10.5km	brutto 10.5km			
198	CHMIEL Łukasz	33		M-40	60	Tak	01:13:37.99	01:13:55.65	+00:32:14 (43.6%)	7:00	8.6 (57.0%)
199	KALINOWSKI Łukasz	80		M-30	55		01:13:00.95	01:13:59.64	+00:32:18 (43.7%)	6:57	8.6 (57.0%)
200	BEJSTERZ Przemysław	270	WBW SZCZECIN	M-60	13		01:13:54.61	01:14:03.81	+00:32:22 (43.7%)	7:02	8.5 (56.3%)
201	KASPEROWICZ Marcin	82		M-40	61	Tak	01:14:11.07	01:14:38.22	+00:32:56 (44.1%)	7:03	8.5 (56.3%)
202	MUKLEWICZ Paweł	137	DGS DIAGNOSTICS	M-40	62		01:15:05.87	01:15:30.93	+00:33:49 (44.8%)	7:09	8.4 (55.6%)
203	CARDINALI Mario	31		M-30	56	Tak	01:16:25.21	01:16:36.50	+00:34:55 (45.6%)	7:16	8.2 (54.3%)
204	SYC Rafał	203		M-40	63		01:17:01.29	01:17:01.29	+00:35:19 (45.9%)	7:20	8.2 (54.3%)
205	CHMIELEWSKI Konrad	35		M-40	64		01:16:57.91	01:17:16.52	+00:35:35 (46.0%)	7:19	8.2 (54.3%)
206	DUDEK-IGNACZAK Joanna	46		K-40	15		01:17:03.56	01:17:26.43	+00:35:44 (46.2%)	7:20	8.2 (54.3%)
207	ANTOŃCZAK Łukasz	5	BORSUKI	M-40	65		01:17:15.37	01:17:38.37	+00:35:56 (46.3%)	7:21	8.2 (54.3%)
208	DZIEWULSKI Marcin	269		M-40	66		01:17:18.60	01:17:47.23	+00:36:05 (46.4%)	7:21	8.2 (54.3%)
209	SOWISZD Danuta	193	AMAZON	K-50	6		01:17:59.95	01:18:09.14	+00:36:27 (46.7%)	7:25	8.1 (53.6%)
210	MOLEŃ Adrianna	133		K-18	4		01:18:09.83	01:18:23.31	+00:36:41 (46.8%)	7:26	8.1 (53.6%)
211	ZAWADKA Zuzanna	259		K-18	5		01:18:55.67	01:19:16.59	+00:37:35 (47.4%)	7:30	8 (53.0%)
212	WIECKI Michał	236	FOOTBALL FACTORY PRZECŁAW	M-30	57		01:19:17.08	01:19:25.64	+00:37:44 (47.5%)	7:33	7.9 (52.3%)
213	PROBOLA Monika	172	PROMONIX	K-40	16		01:19:31.67	01:19:42.98	+00:38:01 (47.7%)	7:34	7.9 (52.3%)
214	SZYMCZAK Magdalena	216	GRUPA AZOTY	K-30	22		01:20:09.30	01:20:19.27	+00:38:37 (48.1%)	7:38	7.9 (52.3%)
215	SZACHNOWICZ Laura	204		K-18	6		01:20:59.64	01:21:22.18	+00:39:40 (48.8%)	7:42	7.8 (51.7%)
216	PAŹDZIOR Paulina	160		K-30	23		01:21:04.09	01:21:25.26	+00:39:43 (48.8%)	7:43	7.8 (51.7%)
217	SZYGENDA Aleksandra	212		K-18	7		01:21:57.84	01:22:13.24	+00:40:31 (49.3%)	7:48	7.7 (51.0%)
218	KWIECIEŃ Magdalena	111		K-40	17		01:22:07.36	01:22:22.41	+00:40:40 (49.4%)	7:49	7.7 (51.0%)
219	ROZYCKA Kamila	182		K-30	24		01:22:07.82	01:22:22.70	+00:40:41 (49.4%)	7:49	7.7 (51.0%)
220	ZIĘBA Norbert	260		M-30	58		01:22:19.26	01:22:41.02	+00:40:59 (49.6%)	7:50	7.7 (51.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MIESZKANIEC GMINY	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
221	JAWORSKA Katarzyna	72		K-30	25		01:22:59.99	01:23:21.80	+00:41:40 (50.0%)	7:54	7.6 (50.3%)
222	GOTKOWSKA Magdalena	56		K-30	26		01:23:15.41	01:23:25.67	+00:41:44 (50.0%)	7:55	7.6 (50.3%)
223	BOJKO Marek	24		M-50	18		01:23:32.11	01:23:39.01	+00:41:57 (50.2%)	7:57	7.5 (49.7%)
224	GRZEGORZEWSKA Milena	59		K-30	27		01:23:43.96	01:23:57.74	+00:42:16 (50.3%)	7:58	7.5 (49.7%)
225	ŚWIRSKA Emilia	219		K-40	18		01:23:51.50	01:24:12.83	+00:42:31 (50.5%)	7:59	7.5 (49.7%)
226	GOLCZYNSKA Ewa	55	WIOSŁO	K-50	7		01:24:49.31	01:25:01.81	+00:43:20 (51.0%)	8:04	7.4 (49.0%)
227	STRANC Klaudia	199		K-30	28		01:25:33.82	01:25:44.08	+00:44:02 (51.4%)	8:08	7.4 (49.0%)
228	PŁACHTA Monika	167	KOBIECE BIEGANIE	K-40	19		01:25:54.59	01:26:04.48	+00:44:22 (51.6%)	8:10	7.3 (48.3%)
229	SZYMAŃSKA Ania	214	WY - BIEGANI	K-50	8		01:26:38.84	01:26:45.64	+00:45:04 (51.9%)	8:15	7.3 (48.3%)
230	ADAMCZYK Kamila	271		K-30	29		01:32:45.67	01:33:10.77	+00:51:29 (55.3%)	8:50	6.8 (45.0%)
231	CHOMA Marlena	37	KOBIECE BIEGANIE	K-40	20		01:32:46.22	01:33:11.16	+00:51:29 (55.3%)	8:50	6.8 (45.0%)
232	PALCZYŃSKI Jakub	267		M-18	11						(0.0%)
233	BARANOWSKI Maciej	14	SAVAGES	M-40	67						(0.0%)

Znaleziono 233 wynik(ów)