

# BUKOŁAZ 21K EXTREMUM

B4SPORT  
POLSKIE STOWARZYSZENIE BIEGOWE

**Organizator:** Stowarzyszenie Kultury Fizycznej Biomaszyna  
**Data:** 2016-10-22  
**Miejsce:** Szczecin  
**Dystans:** 21 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik                    | Numer      | Klub                       | Kategoria | Mkat | Czas startu | Bike_All 10km | Czas netto 21km    | Czas brutto 21km   | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------------|------------|----------------------------|-----------|------|-------------|---------------|--------------------|--------------------|-------------------|--------------|--------------|
| 1   | <b>DROBCZYŃSKI Bartosz</b>  | <b>17</b>  | PUSZCZYK BUKOWY            | M-OPEN    | 1    | 00:00:11    | 00:41:17      | <b>01:29:39.70</b> | <b>01:29:51.25</b> |                   | 4:16         | 14.1 (100%)  |
| 2   | <b>SIECZKOWSKI Michał</b>   | <b>74</b>  |                            | M-OPEN    | 2    | 00:00:11    | 00:41:38      | <b>01:32:24.30</b> | <b>01:32:35.85</b> | +00:02:44 (3.0%)  | 4:24         | 13.6 (96.5%) |
| 3   | <b>ŻYWICKI Janusz</b>       | <b>104</b> | KB PIONIER SZCZECIN        | M40       | 1    | 00:00:11    | 00:43:05      | <b>01:35:14.00</b> | <b>01:35:25.35</b> | +00:05:34 (5.9%)  | 4:32         | 13.2 (93.6%) |
| 4   | <b>JANAS Kacper</b>         | <b>35</b>  | BIEGNIJ AZ SPUCHNIESZ :)   | M-OPEN    | 3    | 00:00:11    | 00:42:05      | <b>01:35:47.25</b> | <b>01:35:58.40</b> | +00:06:07 (6.4%)  | 4:33         | 13.2 (93.6%) |
| 5   | <b>ZEMBIK Grzegorz</b>      | <b>103</b> | KB HERMES GRYFINO          | M40       | 2    | 00:00:14    | 00:46:38      | <b>01:39:10.65</b> | <b>01:39:25.20</b> | +00:09:30 (9.6%)  | 4:43         | 12.7 (90.1%) |
| 6   | <b>ORZECZOWSKI Adam</b>     | <b>6</b>   |                            | M-OPEN    | 4    | 00:00:13    | 00:46:34      | <b>01:41:09.85</b> | <b>01:41:23.30</b> | +00:11:30 (11.4%) | 4:49         | 12.5 (88.7%) |
| 7   | <b>CZOSNOWSKI Krzysztof</b> | <b>14</b>  | KB HERMES GRYFINO          | M-OPEN    | 5    | 00:00:15    | 00:46:26      | <b>01:43:48.35</b> | <b>01:44:03.45</b> | +00:14:08 (13.6%) | 4:56         | 12.1 (85.8%) |
| 8   | <b>RUTA Przemysław</b>      | <b>73</b>  | MOTIV HOME TEAM / 1BPZMOT  | M-OPEN    | 6    | 00:00:12    | 00:48:12      | <b>01:44:24.45</b> | <b>01:44:36.80</b> | +00:14:44 (14.1%) | 4:58         | 12.1 (85.8%) |
| 8   | <b>DYCZYŃSKI Leszek</b>     | <b>20</b>  | 1BPZMOT/12 BZ              | M-OPEN    | 7    | 00:00:12    | 00:48:13      | <b>01:44:24.60</b> | <b>01:44:36.80</b> | +00:14:44 (14.1%) | 4:58         | 12.1 (85.8%) |
| 10  | <b>CZERWIŃSKI Artur</b>     | <b>13</b>  | GOGGLE PAE TEAM            | M40       | 3    | 00:00:13    | 00:46:50      | <b>01:44:55.05</b> | <b>01:45:08.15</b> | +00:15:15 (14.5%) | 4:59         | 12 (85.1%)   |
| 11  | <b>ROTKIEWICZ Marek</b>     | <b>71</b>  | GOGGLE PAE TEAM            | M-OPEN    | 8    | 00:00:13    | 00:46:50      | <b>01:45:00.00</b> | <b>01:45:13.15</b> | +00:15:20 (14.6%) | 5:00         | 12 (85.1%)   |
| 12  | <b>SZCZYGIELSKI Radek</b>   | <b>83</b>  |                            | M-OPEN    | 9    | 00:00:13    | 00:47:20      | <b>01:45:07.40</b> | <b>01:45:20.55</b> | +00:15:27 (14.7%) | 5:00         | 12 (85.1%)   |
| 13  | <b>BAŁAMAŃCEK Tomasz</b>    | <b>2</b>   | PROGDAR MARATHON TEAM      | M40       | 4    | 00:00:12    | 00:47:32      | <b>01:45:19.65</b> | <b>01:45:32.30</b> | +00:15:39 (14.9%) | 5:00         | 12 (85.1%)   |
| 14  | <b>GOŁĘBIEWSKI Tomasz</b>   | <b>30</b>  | JRG3 SZCZECIN / PARUNMEDIK | M-OPEN    | 10   | 00:00:20    | 00:46:36      | <b>01:46:49.30</b> | <b>01:47:09.90</b> | +00:17:09 (16.1%) | 5:05         | 11.8 (83.7%) |
| 15  | <b>WAJS Sebastian</b>       | <b>94</b>  | 12 BZ                      | M-OPEN    | 11   | 00:00:13    | 00:49:50      | <b>01:47:30.95</b> | <b>01:47:44.55</b> | +00:17:51 (16.6%) | 5:07         | 11.7 (83.0%) |

| Msc | Zawodnik                     | Numer      | Klub                    | Kategoria | Mkat | Czas startu | Bike_All 10km | Czas netto 21km    | Czas brutto 21km   | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------------|------------|-------------------------|-----------|------|-------------|---------------|--------------------|--------------------|-------------------|--------------|--------------|
| 16  | <b>STEFAŃCZYK Przemysław</b> | <b>80</b>  |                         | M40       | 5    | 00:00:16    | 00:48:47      | <b>01:47:33.35</b> | <b>01:47:50.00</b> | +00:17:53 (16.6%) | 5:07         | 11.7 (83.0%) |
| 17  | <b>GANCARZ Piotr</b>         | <b>23</b>  |                         | M-OPEN    | 12   | 00:00:23    | 00:49:30      | <b>01:47:47.10</b> | <b>01:48:10.45</b> | +00:18:07 (16.8%) | 5:07         | 11.7 (83.0%) |
| 18  | <b>MASZTALER Tomasz</b>      | <b>52</b>  |                         | M-OPEN    | 13   | 00:00:12    | 00:46:30      | <b>01:49:27.20</b> | <b>01:49:40.15</b> | +00:19:47 (18.1%) | 5:12         | 11.5 (81.6%) |
| 19  | <b>JASTRZĘBSKI Leszek</b>    | <b>38</b>  | PUSZCZYK BUKOWY         | M40       | 6    | 00:00:15    | 00:49:33      | <b>01:49:24.50</b> | <b>01:49:40.35</b> | +00:19:44 (18.0%) | 5:12         | 11.5 (81.6%) |
| 20  | <b>ŁUGOWSKI Marek</b>        | <b>48</b>  |                         | M40       | 7    | 00:00:15    | 00:51:08      | <b>01:50:09.75</b> | <b>01:50:24.85</b> | +00:20:30 (18.6%) | 5:14         | 11.4 (80.9%) |
| 21  | <b>ALUCHNIA-JOPEK Piotr</b>  | <b>1</b>   | NIE MAM MIEJSCA         | M-OPEN    | 14   | 00:00:18    | 00:47:59      | <b>01:50:16.05</b> | <b>01:50:34.65</b> | +00:20:36 (18.7%) | 5:15         | 11.4 (80.9%) |
| 22  | <b>CHOMONT Robert</b>        | <b>10</b>  |                         | M-OPEN    | 15   | 00:00:12    | 00:48:25      | <b>01:50:47.75</b> | <b>01:51:00.25</b> | +00:21:08 (19.1%) | 5:16         | 11.4 (80.9%) |
| 23  | <b>PYSIAK Marcin</b>         | <b>67</b>  | PUSZCZYK BUKOWY         | M-OPEN    | 16   | 00:00:14    | 00:47:45      | <b>01:50:49.85</b> | <b>01:51:04.10</b> | +00:21:10 (19.1%) | 5:16         | 11.4 (80.9%) |
| 24  | <b>SZYMAŃSKI Radosław</b>    | <b>87</b>  |                         | M40       | 8    | 00:00:12    | 00:48:51      | <b>01:50:58.60</b> | <b>01:51:11.10</b> | +00:21:18 (19.2%) | 5:17         | 11.4 (80.9%) |
| 25  | <b>PLUTA Marcin</b>          | <b>65</b>  |                         | M40       | 9    | 00:00:15    | 00:49:27      | <b>01:51:16.25</b> | <b>01:51:31.75</b> | +00:21:36 (19.4%) | 5:17         | 11.3 (80.1%) |
| 26  | <b>CZYŁKOWSKI Patryk</b>     | <b>15</b>  | BAŃSKI KLUB BIEGOWY     | M-OPEN    | 17   | 00:00:17    | 00:50:17      | <b>01:51:16.65</b> | <b>01:51:34.35</b> | +00:21:36 (19.4%) | 5:17         | 11.3 (80.1%) |
| 27  | <b>BULIKOWSKI Paweł</b>      | <b>7</b>   |                         | M40       | 10   | 00:00:19    | 00:50:14      | <b>01:51:28.05</b> | <b>01:51:47.50</b> | +00:21:48 (19.6%) | 5:18         | 11.3 (80.1%) |
| 28  | <b>OTOKA Kasia</b>           | <b>62</b>  | MONIA TEAM              | K-OPEN    | 1    | 00:00:13    | 00:50:54      | <b>01:51:28.85</b> | <b>01:51:42.60</b> | +00:21:49 (19.6%) | 5:18         | 11.3 (80.1%) |
| 29  | <b>SURDACKI Piotr</b>        | <b>82</b>  | MONIA TEAM              | M40       | 11   | 00:00:14    | 00:50:55      | <b>01:51:35.75</b> | <b>01:51:50.45</b> | +00:21:56 (19.7%) | 5:18         | 11.3 (80.1%) |
| 30  | <b>SZYMOŃSKI Marek</b>       | <b>88</b>  |                         | M-OPEN    | 18   | 00:00:17    | 00:51:19      | <b>01:52:14.00</b> | <b>01:52:31.65</b> | +00:22:34 (20.1%) | 5:20         | 11.2 (79.4%) |
| 31  | <b>NIEMIRO Dominika</b>      | <b>58</b>  | JAGODOWO-KALINOWY TEAM  | K-OPEN    | 2    | 00:00:19    | 00:51:20      | <b>01:52:31.65</b> | <b>01:52:51.55</b> | +00:22:51 (20.3%) | 5:21         | 11.2 (79.4%) |
| 32  | <b>ZAKRZEWSKI Paweł</b>      | <b>99</b>  | TU CZY TAM?             | M-OPEN    | 19   | 00:00:20    | 00:50:32      | <b>01:52:40.10</b> | <b>01:53:00.85</b> | +00:23:00 (20.4%) | 5:21         | 11.2 (79.4%) |
| 33  | <b>PIETROWICZ Dariusz</b>    | <b>107</b> | PUSZCZYK BUKOWY         | M-OPEN    | 20   | 00:00:11    | 00:45:15      | <b>01:53:57.85</b> | <b>01:54:09.05</b> | +00:24:18 (21.3%) | 5:25         | 11.1 (78.7%) |
| 34  | <b>SZTUBA Bartłomiej</b>     | <b>85</b>  |                         | M40       | 12   | 00:00:12    | 00:51:02      | <b>01:54:03.20</b> | <b>01:54:15.25</b> | +00:24:23 (21.4%) | 5:25         | 11 (78.0%)   |
| 35  | <b>KOZANECKA Iwona</b>       | <b>45</b>  |                         | K50       | 1    | 00:00:16    | 00:51:06      | <b>01:54:16.80</b> | <b>01:54:33.00</b> | +00:24:37 (21.5%) | 5:26         | 11 (78.0%)   |
| 36  | <b>BARTNIK Jarosław</b>      | <b>3</b>   | PUSZCZYK BUKOWY         | M40       | 13   | 00:00:15    | 00:50:42      | <b>01:54:34.35</b> | <b>01:54:49.75</b> | +00:24:54 (21.7%) | 5:27         | 11 (78.0%)   |
| 37  | <b>ŚLUSARZCZYK Natalia</b>   | <b>91</b>  | FITNESS I ZDROWIE       | K-OPEN    | 3    | 00:00:11    | 00:48:25      | <b>01:54:48.20</b> | <b>01:55:00.05</b> | +00:25:08 (21.9%) | 5:28         | 11 (78.0%)   |
| 38  | <b>BRUDNIK Adam</b>          | <b>5</b>   | MKL MARATON ŚWINOUJŚCIE | M50       | 1    | 00:00:16    | 00:50:16      | <b>01:54:53.35</b> | <b>01:55:09.65</b> | +00:25:13 (22.0%) | 5:28         | 11 (78.0%)   |
| 39  | <b>HERMAN Paweł</b>          | <b>31</b>  | WRZOSKI                 | M40       | 14   | 00:00:20    | 00:51:42      | <b>01:55:09.75</b> | <b>01:55:29.75</b> | +00:25:30 (22.1%) | 5:29         | 10.9 (77.3%) |

| Msc | Zawodnik                    | Numer      | Klub  | Kategoria | Mkat | Czas startu | Bike_All 10km | Czas netto 21km    | Czas brutto 21km   | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------------|------------|---|-----------|------|-------------|---------------|--------------------|--------------------|-------------------|--------------|--------------|
| 40  | <b>MISIAK Arkadiusz</b>     | <b>55</b>  | TT SZCZECIN   | M40       | 15   | 00:00:17    | 00:51:02      | <b>01:55:58.80</b> | <b>01:56:16.25</b> | +00:26:19 (22.7%) | 5:31         | 10.9 (77.3%) |
| 41  | <b>NIEMIRO Paweł</b>        | <b>59</b>  | JAGODOWO-KALINOWY TEAM  | M-OPEN    | 21   | 00:00:20    | 00:52:08      | <b>01:57:07.35</b> | <b>01:57:27.70</b> | +00:27:27 (23.4%) | 5:34         | 10.8 (76.6%) |
| 42  | <b>GAJLEWICZ Piotr</b>      | <b>21</b>  |   | M-OPEN    | 22   | 00:00:18    | 00:51:14      | <b>01:57:32.60</b> | <b>01:57:50.75</b> | +00:27:52 (23.7%) | 5:35         | 10.7 (75.9%) |
| 43  | <b>GIEC Anna</b>            | <b>26</b>  |   | K40       | 1    | 00:00:13    | 00:53:35      | <b>01:58:21.00</b> | <b>01:58:34.95</b> | +00:28:41 (24.2%) | 5:38         | 10.6 (75.2%) |
| 44  | <b>ORLOF Michał</b>         | <b>61</b>  |   | M-OPEN    | 23   | 00:00:21    | 00:53:19      | <b>01:58:43.35</b> | <b>01:59:05.20</b> | +00:29:03 (24.5%) | 5:39         | 10.6 (75.2%) |
| 45  | <b>JÓZWIAK Maciej</b>       | <b>39</b>  | ORLĘTA AK   | M40       | 16   | 00:00:20    | 00:53:12      | <b>01:58:43.55</b> | <b>01:59:03.85</b> | +00:29:03 (24.5%) | 5:39         | 10.6 (75.2%) |
| 46  | <b>DALESZYŃSKI Michał</b>   | <b>16</b>  |   | M-OPEN    | 24   | 00:00:15    | 00:54:40      | <b>01:59:14.25</b> | <b>01:59:29.70</b> | +00:29:34 (24.8%) | 5:40         | 10.6 (75.2%) |
| 47  | <b>SKOTARCZAK Maciej</b>    | <b>106</b> | SDO   | M40       | 17   | 00:00:14    | 00:54:41      | <b>01:59:15.05</b> | <b>01:59:29.85</b> | +00:29:35 (24.8%) | 5:40         | 10.6 (75.2%) |
| 48  | <b>RUBINOWSKI Jarek</b>     | <b>72</b>  |   | M40       | 18   | 00:00:25    | 00:53:46      | <b>02:00:32.30</b> | <b>02:00:57.80</b> | +00:30:52 (25.6%) | 5:44         | 10.5 (74.5%) |
| 49  | <b>CZECHOWICZ Krzysztof</b> | <b>12</b>  | UBEZPIECZENIA-CZECHOWICZ  | M-OPEN    | 25   | 00:00:22    | 00:55:02      | <b>02:01:00.15</b> | <b>02:01:23.05</b> | +00:31:20 (25.9%) | 5:45         | 10.4 (73.8%) |
| 50  | <b>TIJEWSKI Maciej</b>      | <b>92</b>  |   | M-OPEN    | 26   | 00:00:18    | 00:51:25      | <b>02:01:09.70</b> | <b>02:01:28.55</b> | +00:31:30 (26.0%) | 5:46         | 10.4 (73.8%) |
| 51  | <b>RADOŻYCKI Radek</b>      | <b>68</b>  |   | M40       | 19   | 00:00:22    | 00:53:38      | <b>02:01:19.05</b> | <b>02:01:41.40</b> | +00:31:39 (26.1%) | 5:46         | 10.4 (73.8%) |
| 52  | <b>PLUTA Anita</b>          | <b>66</b>  |   | K40       | 2    | 00:00:15    | 00:53:17      | <b>02:01:45.05</b> | <b>02:02:00.75</b> | +00:32:05 (26.4%) | 5:47         | 10.3 (73.0%) |
| 53  | <b>ROLA Bogusław</b>        | <b>70</b>  |   | M40       | 20   | 00:00:23    | 00:55:18      | <b>02:01:46.70</b> | <b>02:02:09.95</b> | +00:32:07 (26.4%) | 5:47         | 10.3 (73.0%) |
| 54  | <b>OLEJNICZAK Konrad</b>    | <b>60</b>  | MORSOBIEGACZE   | M40       | 21   | 00:00:15    | 00:55:13      | <b>02:03:20.80</b> | <b>02:03:35.90</b> | +00:33:41 (27.3%) | 5:52         | 10.2 (72.3%) |
| 55  | <b>MARCZEWSKI Bartosz</b>   | <b>50</b>  | SAMODZIELNY PUBLICZNY WOJEWÓDZKI SZPITAL ZESPOLONY W SZCZECINIE | M-OPEN    | 27   | 00:00:19    | 00:54:30      | <b>02:03:20.95</b> | <b>02:03:40.65</b> | +00:33:41 (27.3%) | 5:52         | 10.2 (72.3%) |
| 56  | <b>KWIATKOWSKI Grzegorz</b> | <b>46</b>  | DOWÓDZTWO 12DZ  | M40       | 22   | 00:00:19    | 00:54:29      | <b>02:03:21.05</b> | <b>02:03:40.90</b> | +00:33:41 (27.3%) | 5:52         | 10.2 (72.3%) |
| 57  | <b>MAZUREK Robert</b>       | <b>53</b>  |   | M-OPEN    | 28   | 00:00:16    | 00:53:12      | <b>02:03:59.55</b> | <b>02:04:15.95</b> | +00:34:19 (27.7%) | 5:54         | 10.2 (72.3%) |
| 58  | <b>MĄDRAWSKI Tomasz</b>     | <b>54</b>  |   | M40       | 23   | 00:00:16    | 00:53:30      | <b>02:04:48.35</b> | <b>02:05:05.00</b> | +00:35:08 (28.2%) | 5:56         | 10.1 (71.6%) |
| 59  | <b>MOSIŃSKI Michał</b>      | <b>56</b>  |   | M-OPEN    | 29   | 00:00:13    | 00:56:28      | <b>02:06:22.10</b> | <b>02:06:35.15</b> | +00:36:42 (29.0%) | 6:01         | 10 (70.9%)   |
| 60  | <b>JASTRZĄB Maciej</b>      | <b>37</b>  | WIECZORNE BIEGANIE W SZCZECINIE                                 | M40       | 24   | 00:00:11    | 00:55:04      | <b>02:06:32.05</b> | <b>02:06:43.90</b> | +00:36:52 (29.1%) | 6:01         | 10 (70.9%)   |
| 61  | <b>ŚLIŻEWSKI Marcin</b>     | <b>90</b>  | OSOM! RUNNERS   | M40       | 25   | 00:00:11    | 00:55:23      | <b>02:06:58.95</b> | <b>02:07:10.90</b> | +00:37:19 (29.4%) | 6:02         | 9.9 (70.2%)  |
| 62  | <b>SOBAŃSKI Artur</b>       | <b>76</b>  | 12 BZ   | M-OPEN    | 30   | 00:00:13    | 00:56:52      | <b>02:08:01.95</b> | <b>02:08:15.25</b> | +00:38:22 (30.0%) | 6:05         | 9.8 (69.5%)  |
| 63  | <b>SOBCZYK Marcin</b>       | <b>77</b>  | 12 BZ   | M-OPEN    | 31   | 00:00:13    | 00:56:53      | <b>02:08:03.15</b> | <b>02:08:17.05</b> | +00:38:23 (30.0%) | 6:05         | 9.8 (69.5%)  |

| Msc | Zawodnik                     | Numer      | Klub                            | Kategoria | Mkat | Czas startu | Bike_All 10km | Czas netto 21km    | Czas brutto 21km   | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------------|------------|---------------------------------|-----------|------|-------------|---------------|--------------------|--------------------|-------------------|--------------|-------------|
| 64  | <b>IGNALEWSKI Wojciech</b>   | <b>33</b>  |                                 | M-OPEN    | 32   | 00:00:18    | 00:56:13      | <b>02:08:50.00</b> | <b>02:09:08.60</b> | +00:39:10 (30.4%) | 6:08         | 9.8 (69.5%) |
| 65  | <b>BORCZEWSKI Paweł</b>      | <b>4</b>   | UBEZPIECZENIA-CZECHOWICZ        | M-OPEN    | 33   | 00:00:22    | 00:56:11      | <b>02:09:35.25</b> | <b>02:09:57.80</b> | +00:39:55 (30.8%) | 6:10         | 9.7 (68.8%) |
| 66  | <b>WILCZYŃSKA Sylwia</b>     | <b>97</b>  |                                 | K40       | 3    | 00:00:17    | 00:58:08      | <b>02:11:06.65</b> | <b>02:11:23.70</b> | +00:41:26 (31.6%) | 6:14         | 9.6 (68.1%) |
| 67  | <b>JANUS Grzegorz</b>        | <b>36</b>  |                                 | M-OPEN    | 34   | 00:00:18    | 00:53:02      | <b>02:12:02.45</b> | <b>02:12:20.45</b> | +00:42:22 (32.1%) | 6:17         | 9.5 (67.4%) |
| 68  | <b>KŁYS Adrian</b>           | <b>41</b>  |                                 | M40       | 26   | 00:00:20    | 00:56:17      | <b>02:12:37.15</b> | <b>02:12:57.35</b> | +00:42:57 (32.4%) | 6:18         | 9.5 (67.4%) |
| 69  | <b>SZYSZKA Konrad</b>        | <b>89</b>  | WIECZORNE BIEGANIE W SZCZECINIE | M-OPEN    | 35   | 00:00:21    | 01:00:26      | <b>02:12:46.70</b> | <b>02:13:08.40</b> | +00:43:07 (32.5%) | 6:19         | 9.5 (67.4%) |
| 70  | <b>WOJCIECHOWSKI Marcin</b>  | <b>98</b>  | WIECZORNE BIEGANIE W SZCZECINIE | M-OPEN    | 36   | 00:00:22    | 01:00:31      | <b>02:12:58.90</b> | <b>02:13:21.05</b> | +00:43:19 (32.6%) | 6:19         | 9.5 (67.4%) |
| 71  | <b>JAKUBOWSKI Jan</b>        | <b>34</b>  | GRUPA SZCZECIN -BUKOWO          | M60       | 1    | 00:00:17    | 00:57:35      | <b>02:13:24.35</b> | <b>02:13:41.65</b> | +00:43:44 (32.8%) | 6:21         | 9.4 (66.7%) |
| 72  | <b>DUDA-RELIGA Ewelina</b>   | <b>18</b>  | OZKB                            | K40       | 4    | 00:00:14    | 00:59:19      | <b>02:13:44.05</b> | <b>02:13:58.55</b> | +00:44:04 (33.0%) | 6:22         | 9.4 (66.7%) |
| 73  | <b>GLEBKOWICZ Agnieszka</b>  | <b>27</b>  | PRZEBIEGŁE JENOTY               | K-OPEN    | 4    | 00:00:18    | 00:57:20      | <b>02:14:26.45</b> | <b>02:14:44.80</b> | +00:44:46 (33.3%) | 6:24         | 9.4 (66.7%) |
| 74  | <b>STEFAŃCZYK Małgorzata</b> | <b>79</b>  |                                 | K40       | 5    | 00:00:16    | 00:58:49      | <b>02:14:27.10</b> | <b>02:14:44.05</b> | +00:44:47 (33.3%) | 6:24         | 9.4 (66.7%) |
| 75  | <b>CZAJKOWSKI Tomasz</b>     | <b>11</b>  | WIECZORNE BIEGANIE W SZCZECINIE | M-OPEN    | 37   | 00:00:17    | 00:56:16      | <b>02:14:52.75</b> | <b>02:15:10.50</b> | +00:45:13 (33.5%) | 6:25         | 9.3 (66.0%) |
| 76  | <b>LICHACZEWSKI Konrad</b>   | <b>47</b>  | OZKB                            | M40       | 27   | 00:00:14    | 00:59:19      | <b>02:15:55.85</b> | <b>02:16:10.15</b> | +00:46:16 (34.0%) | 6:28         | 9.3 (66.0%) |
| 77  | <b>ZAROBIAK Piotr</b>        | <b>101</b> |                                 | M-OPEN    | 38   | 00:00:21    | 01:00:24      | <b>02:15:57.65</b> | <b>02:16:18.95</b> | +00:46:17 (34.1%) | 6:28         | 9.3 (66.0%) |
| 78  | <b>ZAROBIAK Katarzyna</b>    | <b>100</b> |                                 | K-OPEN    | 5    | 00:00:21    | 01:00:26      | <b>02:15:57.95</b> | <b>02:16:19.15</b> | +00:46:18 (34.1%) | 6:28         | 9.3 (66.0%) |
| 79  | <b>HRYMAJŁO Marcin</b>       | <b>32</b>  | MORSOBIEGACZE                   | M40       | 28   | 00:00:14    | 01:00:12      | <b>02:16:07.90</b> | <b>02:16:22.45</b> | +00:46:28 (34.1%) | 6:28         | 9.3 (66.0%) |
| 80  | <b>CHAMULAK Wioleta</b>      | <b>8</b>   | MORSOBIEGACZE                   | K-OPEN    | 6    | 00:00:14    | 01:00:14      | <b>02:16:08.25</b> | <b>02:16:22.30</b> | +00:46:28 (34.1%) | 6:28         | 9.3 (66.0%) |
| 81  | <b>GACIARSKI Krystian</b>    | <b>25</b>  |                                 | M-OPEN    | 39   | 00:00:23    | 01:05:26      | <b>02:21:34.40</b> | <b>02:21:57.65</b> | +00:51:54 (36.7%) | 6:44         | 8.9 (63.1%) |
| 82  | <b>PASZEK Tomasz</b>         | <b>63</b>  | NORTH TEAM SZCZECIN             | M-OPEN    | 40   | 00:00:14    | 01:00:04      | <b>02:22:01.20</b> | <b>02:22:15.45</b> | +00:52:21 (36.9%) | 6:45         | 8.9 (63.1%) |
| 83  | <b>MARSZAŁ Michał</b>        | <b>51</b>  |                                 | M-OPEN    | 41   | 00:00:18    | 00:59:10      | <b>02:22:05.10</b> | <b>02:22:23.95</b> | +00:52:25 (36.9%) | 6:45         | 8.9 (63.1%) |
| 84  | <b>SZYBALSKI Tomasz</b>      | <b>86</b>  |                                 | M-OPEN    | 42   | 00:00:18    | 01:00:23      | <b>02:24:54.40</b> | <b>02:25:12.55</b> | +00:55:14 (38.1%) | 6:54         | 8.7 (61.7%) |
| 85  | <b>KOWALSKI Hubert</b>       | <b>44</b>  | ONE MAN TEAM                    | M-OPEN    | 43   | 00:00:11    | 01:02:13      | <b>02:30:39.10</b> | <b>02:30:50.60</b> | +01:00:59 (40.5%) | 7:10         | 8.4 (59.6%) |
| 86  | <b>WARSIŃSKA Monika</b>      | <b>95</b>  |                                 | K-OPEN    | 7    | 00:00:22    | 01:06:44      | <b>02:37:45.05</b> | <b>02:38:07.10</b> | +01:08:05 (43.2%) | 7:30         | 8 (56.7%)   |
| 87  | <b>GANCARCZYK Jacek</b>      | <b>22</b>  |                                 | M40       | 29   | 00:00:17    | 01:04:36      | <b>02:39:10.30</b> | <b>02:39:27.60</b> | +01:09:30 (43.7%) | 7:34         | 7.9 (56.0%) |

| Msc | Zawodnik                  | Numer      | Klub                            | Kategoria | Mkat | Czas startu | Bike_All 10km | Czas netto 21km    | Czas brutto 21km   | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------------|------------|---------------------------------|-----------|------|-------------|---------------|--------------------|--------------------|-------------------|--------------|-------------|
| 88  | <b>WIECZOREK Mariusz</b>  | <b>96</b>  |                                 | M40       | 30   | 00:00:22    | 01:03:08      | <b>02:42:58.15</b> | <b>02:43:20.65</b> | +01:13:18 (45.0%) | 7:45         | 7.7 (54.6%) |
| 89  | <b>TOKARZ Joanna</b>      | <b>93</b>  | WIECZORNE BIEGANIE W SZCZECINIE | K-OPEN    | 8    | 00:00:21    | 01:11:14      | <b>02:55:51.45</b> | <b>02:56:13.05</b> | +01:26:11 (49.0%) | 8:22         | 7.2 (51.1%) |
| 90  | <b>GŁAZEK Seweryn</b>     | <b>28</b>  | WIECZORNE BIEGANIE W SZCZECINIE | M-OPEN    | 44   | 00:00:21    | 01:11:21      | <b>02:55:51.60</b> | <b>02:56:12.90</b> | +01:26:11 (49.0%) | 8:22         | 7.2 (51.1%) |
| 91  | <b>RADZISZEWSKA Bogna</b> | <b>69</b>  | PRZEBIEGŁE JENOTY               | K-OPEN    | 9    | 00:00:18    | 01:12:34      | <b>02:58:15.95</b> | <b>02:58:34.90</b> | +01:28:36 (49.7%) | 8:29         | 7.1 (50.4%) |
| 92  | <b>ZAWADKA Zuzanna</b>    | <b>105</b> |                                 | K-OPEN    | 10   | 00:00:16    | 01:18:59      | <b>03:05:48.65</b> | <b>03:06:04.80</b> | +01:36:08 (51.7%) | 8:50         | 6.8 (48.2%) |
| 93  | <b>ZAWADKA Andrzej</b>    | <b>102</b> | SZCZECIŃSKI KLUB WYSOKOGÓRSKI   | M50       | 2    | 00:00:16    | 01:18:45      | <b>03:05:48.75</b> | <b>03:06:04.80</b> | +01:36:09 (51.7%) | 8:50         | 6.8 (48.2%) |
| 94  | <b>PILAT Agnieszka</b>    | <b>64</b>  | INTER SYSTEM TEAM               | K40       | 6    | 00:00:16    | 01:20:01      | <b>03:09:07.05</b> | <b>03:09:23.80</b> | +01:39:27 (52.6%) | 9:00         | 6.7 (47.5%) |
| 95  | <b>SOROKA Kinga</b>       | <b>78</b>  | INTER SYSTEM TEAM:)             | K40       | 7    | 00:00:16    | 01:20:00      | <b>03:09:07.15</b> | <b>03:09:23.80</b> | +01:39:27 (52.6%) | 9:00         | 6.7 (47.5%) |
| 96  | <b>KOŁECKA Aleksandra</b> | <b>42</b>  |                                 | K-OPEN    | 11   | 00:00:24    | 01:21:28      | <b>03:10:57.75</b> | <b>03:11:22.40</b> | +01:41:18 (53.0%) | 9:05         | 6.6 (46.8%) |
| 97  | <b>KOŁECKI Przemysław</b> | <b>43</b>  |                                 | M-OPEN    | 45   | 00:00:24    | 01:21:29      | <b>03:10:58.85</b> | <b>03:11:23.50</b> | +01:41:19 (53.1%) | 9:05         | 6.6 (46.8%) |

Znaleziono 97 wynik(ów)