



# DOBRA PIĄTKA - BIEG

B4SPORT

**Wydarzenie:** Dobra Piątka  
**Organizator:** Stowarzyszenie BiegamBoLubię Team Police  
**Data:** 2019-04-27  
**Miejsce:** Dobra  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	SITARZ Damian	382		M20	1	00:16:26.20	00:16:27.10		3:17	18.2 (100%)
2	WILK Rafał	378		M30	1	00:16:47.10	00:16:48.95	+00:00:21 (2.2%)	3:21	17.9 (98.4%)
3	RUSEK Kamil	274		M30	2	00:16:56.05	00:16:57.45	+00:00:30 (3.0%)	3:23	17.7 (97.3%)
4	SIECZKOWSKI Michał	281	KB PIONIER SZCZECIN	M30	3	00:17:00.50	00:17:02.25	+00:00:35 (3.4%)	3:24	17.6 (96.7%)
5	DYCZYŃSKI Leszek	71	1BPZMOT/12BZ	M30	4	00:17:30.00	00:17:32.20	+00:01:05 (6.2%)	3:30	17.1 (94.0%)
6	KAPŁANIAK Adrian	127	WIECZORNE BIEGANIE W SZCZECINIE	M30	5	00:18:05.90	00:18:06.55	+00:01:39 (9.2%)	3:37	16.6 (91.2%)
7	GORSZKA Damian	87	PARKRUN SZCZECIN	M20	2	00:18:12.70	00:18:13.80	+00:01:46 (9.8%)	3:38	16.5 (90.7%)
8	MARYNOWSKI Marcin	210	ENEA SZCZECIN	M40	1	00:18:17.20	00:18:19.40	+00:01:52 (10.2%)	3:39	16.4 (90.1%)
9	GAŁAMAGA Radosław	79	GRUPA AZOTY POLICE / LOVELASY	M40	2	00:18:29.90	00:18:32.10	+00:02:05 (11.2%)	3:42	16.2 (89.0%)
10	OLEJARZ Damian	232		M30	6	00:18:43.30	00:18:45.30	+00:02:18 (12.3%)	3:44	16 (87.9%)
11	KUCZYŃSKI Paweł	163		M40	3	00:18:44.65	00:18:47.00	+00:02:19 (12.4%)	3:45	16 (87.9%)
12	GWARDIAK Bartłomiej	101	PRIME CARGO POLAND	M20	3	00:18:53.20	00:18:53.80	+00:02:26 (12.9%)	3:46	15.9 (87.4%)
13	HOPPE Grzegorz	103	WIECZORNE BIEGANIE W SZCZECINIE	M30	7	00:18:53.35	00:18:56.85	+00:02:29 (13.2%)	3:46	15.9 (87.4%)
14	DOLEŻEK Krystian	61		M40	4	00:19:10.55	00:19:14.15	+00:02:47 (14.5%)	3:50	15.6 (85.7%)
15	TOMCZAK Tomasz	330		M40	5	00:19:17.00	00:19:19.60	+00:02:52 (14.9%)	3:51	15.6 (85.7%)
16	DUDZIŃSKA Maja	70	PARKRUN SZCZECIN	K40	1	00:19:24.70	00:19:24.70	+00:02:57 (15.2%)	3:52	15.5 (85.2%)
17	KRASKIEWICZ Tomasz	152	BULK-CARGO PORT SZCZECIN	M50	1	00:19:29.05	00:19:32.70	+00:03:05 (15.8%)	3:53	15.4 (84.6%)
18	SAMOTYJA Magdalena	279	PAMAR MYJNIE	K20	1	00:19:40.95	00:19:43.50	+00:03:16 (16.6%)	3:56	15.2 (83.5%)
19	PRZYBYSZ Marcin	257		M30	8	00:19:37.55	00:19:45.90	+00:03:18 (16.8%)	3:55	15.3 (84.1%)
20	KANTORSKI Michał	126		M20	4	00:19:49.95	00:19:52.60	+00:03:25 (17.2%)	3:58	15.1 (83.0%)
21	ADAMSKI Janusz	5	DUOLIFE TEAM	M50	2	00:20:07.45	00:20:10.25	+00:03:43 (18.4%)	4:01	14.9 (81.9%)
22	KOLASA Konrad	138		M40	6	00:20:12.95	00:20:15.10	+00:03:48 (18.8%)	4:02	14.8 (81.3%)
23	GRYGORCEWICZ Jan	94		M50	3	00:20:28.15	00:20:30.35	+00:04:03 (19.8%)	4:05	14.7 (80.8%)
24	PAŁOSZ Daniel	241	WEGAS WOLIN	M40	7	00:20:41.40	00:20:43.70	+00:04:16 (20.6%)	4:08	14.5 (79.7%)
25	WARCZALOWSKI Arkadiusz	336		M40	8	00:20:40.95	00:20:44.40	+00:04:17 (20.7%)	4:08	14.5 (79.7%)
26	NAWROCKI Piotr	226	KB PIONIER	M50	4	00:20:41.70	00:20:44.45	+00:04:17 (20.7%)	4:08	14.5 (79.7%)
27	KRASNODĘBSKI Konrad	155	BBL POLICE	M40	9	00:20:44.85	00:20:46.05	+00:04:18 (20.8%)	4:09	14.5 (79.7%)
28	MAKUCH Marcin	202		M40	10	00:20:42.30	00:20:47.65	+00:04:20 (20.9%)	4:08	14.5 (79.7%)
29	KRUK Bartosz	158		M30	9	00:20:44.90	00:20:49.15	+00:04:22 (21.0%)	4:09	14.5 (79.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
30	<b>WAWRZYNIAK Mariusz</b>	<b>339</b>		M40	11	<b>00:20:48.35</b>	<b>00:20:51.00</b>	+00:04:23 (21.1%)	4:09	14.4 (79.1%)
31	<b>ŚCIERKO Dawid</b>	<b>325</b>	DZIKIE WIEPRZE	M20	5	<b>00:20:44.30</b>	<b>00:20:53.50</b>	+00:04:26 (21.3%)	4:08	14.5 (79.7%)
32	<b>KURPIEWSKI Piotr</b>	<b>168</b>		M20	6	<b>00:20:44.80</b>	<b>00:20:57.80</b>	+00:04:30 (21.5%)	4:08	14.5 (79.7%)
33	<b>CENIUCH Magdalena</b>	<b>388</b>	WIECZORNE BIEGANIE W SZCZECINIE	K20	2	<b>00:20:58.95</b>	<b>00:20:59.70</b>	+00:04:32 (21.6%)	4:11	14.3 (78.6%)
34	<b>SAMOTYJA Paweł</b>	<b>389</b>	PAMAR MYJNIA	M40	12	<b>00:21:03.00</b>	<b>00:21:05.90</b>	+00:04:38 (22.0%)	4:12	14.3 (78.6%)
35	<b>BUDZIŃSKI Bartosz</b>	<b>31</b>		M30	10	<b>00:21:10.60</b>	<b>00:21:15.40</b>	+00:04:48 (22.6%)	4:14	14.2 (78.0%)
36	<b>BAGIŃSKI Marcin</b>	<b>13</b>	KONIUCHY OCR	M30	11	<b>00:21:18.70</b>	<b>00:21:19.30</b>	+00:04:52 (22.8%)	4:15	14.1 (77.5%)
37	<b>BULSA Marcin</b>	<b>35</b>	PYRZYCE BIEGAJĄ	M40	13	<b>00:21:21.20</b>	<b>00:21:25.50</b>	+00:04:58 (23.2%)	4:16	14.1 (77.5%)
38	<b>CHMIELEWSKI Janusz</b>	<b>40</b>	CHMIELEWSKI TEAM-BBL POLICE	M60	1	<b>00:21:28.10</b>	<b>00:21:28.85</b>	+00:05:01 (23.4%)	4:17	14 (76.9%)
39	<b>SZCZEŚNIAK Piotr</b>	<b>383</b>		M40	14	<b>00:21:20.60</b>	<b>00:21:31.35</b>	+00:05:04 (23.6%)	4:16	14.1 (77.5%)
40	<b>KOWALCZYK Jan</b>	<b>148</b>		M40	15	<b>00:21:29.40</b>	<b>00:21:33.10</b>	+00:05:06 (23.7%)	4:18	14 (76.9%)
41	<b>MÓWIŃSKI Tomasz</b>	<b>222</b>		M40	16	<b>00:21:26.35</b>	<b>00:21:33.45</b>	+00:05:06 (23.7%)	4:17	14 (76.9%)
42	<b>CHYTRA Daniel</b>	<b>43</b>	LZS GROM STOLEC	M20	7	<b>00:21:16.90</b>	<b>00:21:36.30</b>	+00:05:09 (23.9%)	4:15	14.1 (77.5%)
43	<b>BERNACKA-SZYDLIK Karolina</b>	<b>20</b>	BIEGUNKI	K30	1	<b>00:21:37.65</b>	<b>00:21:39.50</b>	+00:05:12 (24.0%)	4:19	13.9 (76.4%)
44	<b>KULIS Piotr</b>	<b>165</b>		M20	8	<b>00:21:43.15</b>	<b>00:21:44.90</b>	+00:05:17 (24.4%)	4:20	13.8 (75.8%)
45	<b>MARKS Maciej</b>	<b>208</b>		M40	17	<b>00:21:45.65</b>	<b>00:21:49.65</b>	+00:05:22 (24.6%)	4:21	13.8 (75.8%)
46	<b>HAWRYŁAK Marcin</b>	<b>102</b>	WOLNI W BIEGU/SOSW NR 1 DNR	M50	5	<b>00:21:47.50</b>	<b>00:21:49.80</b>	+00:05:22 (24.6%)	4:21	13.8 (75.8%)
47	<b>DOŁĘGOWSKI Mariusz</b>	<b>63</b>	BBL POLICE	M30	12	<b>00:21:43.30</b>	<b>00:21:49.95</b>	+00:05:22 (24.6%)	4:20	13.8 (75.8%)
48	<b>PIWOWARSKI Darek</b>	<b>247</b>	WIECZORNE BIEGANIE W SZCZECINIE	M40	18	<b>00:21:51.55</b>	<b>00:21:54.75</b>	+00:05:27 (24.9%)	4:22	13.7 (75.3%)
49	<b>GALANT Ryszard</b>	<b>78</b>		M20	9	<b>00:21:48.95</b>	<b>00:21:57.15</b>	+00:05:30 (25.1%)	4:21	13.8 (75.8%)
50	<b>GOCAL Anita</b>	<b>84</b>	UKL ÓSEMKA POLICE	K30	2	<b>00:21:56.85</b>	<b>00:21:58.95</b>	+00:05:31 (25.2%)	4:23	13.7 (75.3%)
51	<b>KRYWALD Rafal</b>	<b>161</b>		M40	19	<b>00:22:03.85</b>	<b>00:22:04.05</b>	+00:05:36 (25.4%)	4:24	13.6 (74.7%)
52	<b>KAMIŃSKA Adriana</b>	<b>124</b>	BBL POLICE	K30	3	<b>00:22:02.95</b>	<b>00:22:05.05</b>	+00:05:37 (25.5%)	4:24	13.6 (74.7%)
53	<b>STEFANIAK Paweł</b>	<b>295</b>	14BUJ/12BZ	M30	13	<b>00:22:01.95</b>	<b>00:22:10.65</b>	+00:05:43 (25.8%)	4:24	13.6 (74.7%)
54	<b>ŁAWNICZAK Sebastian</b>	<b>185</b>		M40	20	<b>00:22:08.70</b>	<b>00:22:13.60</b>	+00:05:46 (26.0%)	4:25	13.5 (74.2%)
55	<b>CIELUCH Paulina</b>	<b>44</b>	CHMIELEWSKI TEAM	K20	3	<b>00:22:13.50</b>	<b>00:22:15.25</b>	+00:05:48 (26.1%)	4:26	13.5 (74.2%)
56	<b>MICHALIK - CALY Kasia</b>	<b>214</b>	KOBIECE BIEGANIE	K30	4	<b>00:22:13.65</b>	<b>00:22:15.55</b>	+00:05:48 (26.1%)	4:26	13.5 (74.2%)
57	<b>MISZCZAK Damian</b>	<b>218</b>		M30	14	<b>00:22:02.40</b>	<b>00:22:19.60</b>	+00:05:52 (26.3%)	4:24	13.6 (74.7%)
58	<b>SOCHACKI Krzysztof</b>	<b>289</b>		M30	15	<b>00:22:12.25</b>	<b>00:22:20.45</b>	+00:05:53 (26.4%)	4:26	13.5 (74.2%)
59	<b>KOWAL Tomasz</b>	<b>146</b>		M40	21	<b>00:22:09.60</b>	<b>00:22:25.40</b>	+00:05:58 (26.6%)	4:26	13.5 (74.2%)
60	<b>TOMCZAK-CZUWAŁ Sylwia</b>	<b>331</b>	KARKONOSZ RUNNING TEAM	K40	2	<b>00:22:28.25</b>	<b>00:22:32.00</b>	+00:06:04 (27.0%)	4:29	13.3 (73.1%)
61	<b>SZKUDLAREK Krzysztof</b>	<b>312</b>		M50	6	<b>00:22:29.60</b>	<b>00:22:34.10</b>	+00:06:07 (27.1%)	4:30	13.3 (73.1%)
62	<b>ALABRUDZIŃSKA Agnieszka</b>	<b>387</b>	SZAWLA STARGARD	K30	5	<b>00:22:29.15</b>	<b>00:22:34.20</b>	+00:06:07 (27.1%)	4:29	13.3 (73.1%)
63	<b>WIŚNIEWSKA Agata</b>	<b>346</b>		K20	4	<b>00:22:35.50</b>	<b>00:22:38.90</b>	+00:06:11 (27.4%)	4:31	13.3 (73.1%)
64	<b>ĆWIRTA-BAŃKOWSKA Małgorzata</b>	<b>50</b>		K20	5	<b>00:22:36.25</b>	<b>00:22:39.20</b>	+00:06:12 (27.4%)	4:31	13.3 (73.1%)
65	<b>CEBULA Karol</b>	<b>37</b>		M40	22	<b>00:22:34.55</b>	<b>00:22:41.60</b>	+00:06:14 (27.5%)	4:30	13.3 (73.1%)
66	<b>HUSZCZA Piotrek</b>	<b>104</b>	PYRZYCE BIEGAJĄ	M40	23	<b>00:22:46.20</b>	<b>00:22:50.30</b>	+00:06:23 (28.0%)	4:33	13.2 (72.5%)
67	<b>WITORZĘĆ Dariusz</b>	<b>347</b>		M40	24	<b>00:22:49.10</b>	<b>00:22:53.85</b>	+00:06:26 (28.2%)	4:33	13.1 (72.0%)
68	<b>ZEMANKIEWICZ Łukasz</b>	<b>362</b>	KANAŁ 6AM	M30	16	<b>00:23:01.60</b>	<b>00:23:05.30</b>	+00:06:38 (28.7%)	4:36	13 (71.4%)
69	<b>SZAR Aneta</b>	<b>303</b>		K40	3	<b>00:23:00.30</b>	<b>00:23:06.50</b>	+00:06:39 (28.8%)	4:36	13 (71.4%)
70	<b>ŻMUDA Krzysztof</b>	<b>369</b>	HUSARIA RACE TEAM	M30	17	<b>00:23:03.20</b>	<b>00:23:11.60</b>	+00:06:44 (29.1%)	4:36	13 (71.4%)
71	<b>PROKOP Agata</b>	<b>256</b>		K30	6	<b>00:23:11.30</b>	<b>00:23:15.40</b>	+00:06:48 (29.3%)	4:38	12.9 (70.9%)
72	<b>WIRZMAN Rafał</b>	<b>372</b>		M40	25	<b>00:23:15.95</b>	<b>00:23:18.95</b>	+00:06:51 (29.4%)	4:39	12.9 (70.9%)
73	<b>KURLEJ Mariusz</b>	<b>167</b>	KB HERMES GRYFINO	M50	7	<b>00:23:13.25</b>	<b>00:23:22.90</b>	+00:06:55 (29.6%)	4:38	12.9 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
74	<b>GÓRECKA-PAWLAK Edyta</b>	<b>88</b>		K30	7	<b>00:23:19.25</b>	<b>00:23:22.95</b>	+00:06:55 (29.6%)	4:39	12.9 (70.9%)
75	<b>WÓJCIK Katarzyna</b>	<b>351</b>	FIZJOBIEGACZE SZCZECIN	K30	8	<b>00:23:19.30</b>	<b>00:23:23.50</b>	+00:06:56 (29.7%)	4:39	12.9 (70.9%)
76	<b>GRYGORCEWICZ Władysław</b>	<b>95</b>	SKB DZIK POLICE	M60	2	<b>00:23:22.15</b>	<b>00:23:27.20</b>	+00:07:00 (29.9%)	4:40	12.8 (70.3%)
77	<b>KOMAN Michał</b>	<b>140</b>		M30	18	<b>00:23:27.20</b>	<b>00:23:31.30</b>	+00:07:04 (30.1%)	4:41	12.8 (70.3%)
78	<b>CZERWIŃSKI Dariusz</b>	<b>48</b>	LOVELASY	M50	8	<b>00:23:32.30</b>	<b>00:23:33.70</b>	+00:07:06 (30.2%)	4:42	12.7 (69.8%)
79	<b>RASIAK Katarzyna</b>	<b>263</b>	1992	K20	6	<b>00:23:39.85</b>	<b>00:23:40.50</b>	+00:07:13 (30.5%)	4:44	12.7 (69.8%)
80	<b>GRYGIELEWICZ Leszek</b>	<b>92</b>		M50	9	<b>00:23:35.25</b>	<b>00:23:40.75</b>	+00:07:13 (30.5%)	4:43	12.7 (69.8%)
81	<b>DOLEŻEK Agnieszka</b>	<b>62</b>	WIECZORNE BIEGANIE	K30	9	<b>00:23:39.70</b>	<b>00:23:42.25</b>	+00:07:15 (30.6%)	4:44	12.7 (69.8%)
82	<b>MURAWSKA Wioletta</b>	<b>223</b>	KB DZIK POLICE	K50	1	<b>00:23:39.95</b>	<b>00:23:44.15</b>	+00:07:17 (30.7%)	4:44	12.7 (69.8%)
83	<b>BOGACKI Jan</b>	<b>26</b>	FREDKI	M20	10	<b>00:23:38.85</b>	<b>00:23:48.25</b>	+00:07:21 (30.9%)	4:43	12.7 (69.8%)
84	<b>BUKOWIECKI Adam</b>	<b>34</b>		M40	26	<b>00:23:47.05</b>	<b>00:23:51.80</b>	+00:07:24 (31.1%)	4:45	12.6 (69.2%)
85	<b>URZĘDOWSKI Piotr</b>	<b>333</b>		M30	19	<b>00:23:53.90</b>	<b>00:23:55.50</b>	+00:07:28 (31.2%)	4:46	12.6 (69.2%)
86	<b>KOSZUTA Bartosz</b>	<b>144</b>		M30	20	<b>00:23:49.35</b>	<b>00:23:57.35</b>	+00:07:30 (31.3%)	4:45	12.6 (69.2%)
87	<b>DĄBROWSKI Grzegorz</b>	<b>57</b>		M40	27	<b>00:23:43.00</b>	<b>00:23:58.80</b>	+00:07:31 (31.4%)	4:44	12.6 (69.2%)
88	<b>SZOSTAK Edyta</b>	<b>317</b>	BIEGUNKI	K30	10	<b>00:24:02.35</b>	<b>00:24:04.95</b>	+00:07:37 (31.7%)	4:48	12.5 (68.7%)
89	<b>ŚLUBOWSKI Dariusz</b>	<b>327</b>		M40	28	<b>00:23:56.35</b>	<b>00:24:08.80</b>	+00:07:41 (31.9%)	4:47	12.5 (68.7%)
90	<b>ZAGÓRSKI Paweł</b>	<b>355</b>		M20	11	<b>00:24:03.80</b>	<b>00:24:09.30</b>	+00:07:42 (31.9%)	4:48	12.5 (68.7%)
91	<b>JAKUBOWSKA Angelika</b>	<b>106</b>	KONIUCHY OCR	K20	7	<b>00:24:10.90</b>	<b>00:24:11.35</b>	+00:07:44 (32.0%)	4:50	12.4 (68.1%)
92	<b>KRYSZCZAK Paulina</b>	<b>160</b>	EMEL ATHLETIC TEAM	K20	8	<b>00:23:58.70</b>	<b>00:24:12.50</b>	+00:07:45 (32.0%)	4:47	12.5 (68.7%)
93	<b>JAKUBIAK Tomasz</b>	<b>374</b>		M40	29	<b>00:24:10.75</b>	<b>00:24:15.95</b>	+00:07:48 (32.2%)	4:50	12.4 (68.1%)
94	<b>BEREŚ Sylwester</b>	<b>18</b>		M40	30	<b>00:24:01.90</b>	<b>00:24:16.20</b>	+00:07:49 (32.2%)	4:48	12.5 (68.7%)
95	<b>SZCZUKIEWICZ Aneta</b>	<b>307</b>	WIECZORNE BIEGANIE W SZCZECINIE	K20	9	<b>00:24:14.95</b>	<b>00:24:17.90</b>	+00:07:50 (32.3%)	4:51	12.4 (68.1%)
96	<b>OLEJNIK Kamila</b>	<b>233</b>		K30	11	<b>00:24:16.20</b>	<b>00:24:19.05</b>	+00:07:51 (32.3%)	4:51	12.4 (68.1%)
97	<b>ZELEK-PAŁOSZ Magdalena</b>	<b>361</b>	WEGAS WOLIN	K40	4	<b>00:24:16.75</b>	<b>00:24:27.45</b>	+00:08:00 (32.7%)	4:51	12.4 (68.1%)
98	<b>BRATKO Przemysław</b>	<b>29</b>		M20	12	<b>00:24:26.60</b>	<b>00:24:30.80</b>	+00:08:03 (32.9%)	4:53	12.3 (67.6%)
99	<b>ADAMSKA Barbara</b>	<b>3</b>	DOULIFE TEAM	K20	10	<b>00:24:31.75</b>	<b>00:24:35.50</b>	+00:08:08 (33.1%)	4:54	12.2 (67.0%)
100	<b>JANKOWSKA Edyta</b>	<b>108</b>	STOWARZYSZENIE BLIŻEJ SIEBIE	K40	5	<b>00:24:34.05</b>	<b>00:24:37.00</b>	+00:08:09 (33.2%)	4:55	12.2 (67.0%)
101	<b>JUCHA Kuba</b>	<b>117</b>		M20	13	<b>00:24:20.60</b>	<b>00:24:37.25</b>	+00:08:10 (33.2%)	4:52	12.3 (67.6%)
102	<b>SITEK Alfred</b>	<b>286</b>		M30	21	<b>00:24:23.05</b>	<b>00:24:37.85</b>	+00:08:10 (33.2%)	4:52	12.3 (67.6%)
103	<b>POGRANICZNY Paweł</b>	<b>253</b>		M40	31	<b>00:24:24.70</b>	<b>00:24:38.15</b>	+00:08:11 (33.2%)	4:53	12.3 (67.6%)
104	<b>ŁUKASIEWICZ Robert</b>	<b>189</b>		M40	32	<b>00:24:35.70</b>	<b>00:24:43.00</b>	+00:08:15 (33.4%)	4:55	12.2 (67.0%)
105	<b>DENISIUK Krzysztof</b>	<b>59</b>	SZCZECIN	M60	3	<b>00:24:40.70</b>	<b>00:24:45.30</b>	+00:08:18 (33.5%)	4:56	12.2 (67.0%)
106	<b>WIENCIS Małgorzata</b>	<b>343</b>		K40	6	<b>00:24:35.50</b>	<b>00:24:47.25</b>	+00:08:20 (33.6%)	4:55	12.2 (67.0%)
107	<b>BANUCHA Agata Banucha</b>	<b>16</b>	1969	K50	2	<b>00:24:42.10</b>	<b>00:24:51.00</b>	+00:08:23 (33.8%)	4:56	12.1 (66.5%)
108	<b>DĄBROWSKI Sławek</b>	<b>58</b>		M40	33	<b>00:24:46.90</b>	<b>00:24:52.85</b>	+00:08:25 (33.9%)	4:57	12.1 (66.5%)
109	<b>GRYGORCEWICZ Justyna</b>	<b>93</b>	GO SPORT	K20	11	<b>00:24:47.75</b>	<b>00:24:56.30</b>	+00:08:29 (34.0%)	4:57	12.1 (66.5%)
110	<b>WARSINSKA Monika</b>	<b>337</b>		K30	12	<b>00:24:46.85</b>	<b>00:24:57.60</b>	+00:08:30 (34.1%)	4:57	12.1 (66.5%)
111	<b>GOCAL Andrzej</b>	<b>85</b>	UKL ÓSEMKA POLICE	M50	10	<b>00:24:40.20</b>	<b>00:24:58.10</b>	+00:08:31 (34.1%)	4:56	12.2 (67.0%)
112	<b>DOMAGALSKI Sławomir</b>	<b>64</b>		M40	34	<b>00:24:50.85</b>	<b>00:25:01.95</b>	+00:08:34 (34.3%)	4:58	12.1 (66.5%)
113	<b>BACHMATIUK Sławek</b>	<b>11</b>		M40	35	<b>00:24:56.60</b>	<b>00:25:09.70</b>	+00:08:42 (34.6%)	4:59	12 (65.9%)
114	<b>BACZULIS Magdalena</b>	<b>12</b>	KOS BNO SZCZECIN	K40	7	<b>00:25:03.35</b>	<b>00:25:10.30</b>	+00:08:43 (34.6%)	5:00	12 (65.9%)
115	<b>SZCZEPAŃSKI Artur</b>	<b>305</b>	FREDKI	M40	36	<b>00:25:13.15</b>	<b>00:25:24.35</b>	+00:08:57 (35.2%)	5:02	11.9 (65.4%)
116	<b>JAKUBIAK Anna</b>	<b>105</b>	RAZ SZCZECIN	K50	3	<b>00:25:14.25</b>	<b>00:25:25.50</b>	+00:08:58 (35.3%)	5:02	11.9 (65.4%)
117	<b>PEDA Leszek</b>	<b>244</b>		M60	4	<b>00:25:18.40</b>	<b>00:25:30.25</b>	+00:09:03 (35.5%)	5:03	11.8 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
118	<b>JURYS Elżbieta</b>	<b>119</b>		K50	4	<b>00:25:30.60</b>	<b>00:25:37.60</b>	+00:09:10 (35.8%)	5:06	11.8 (64.8%)
119	<b>TRĘDOWICZ Małgorzata</b>	<b>332</b>		K50	5	<b>00:25:35.40</b>	<b>00:25:38.05</b>	+00:09:10 (35.8%)	5:07	11.7 (64.3%)
120	<b>MATUSZAK Anita</b>	<b>393</b>		K40	8	<b>00:25:36.35</b>	<b>00:25:42.50</b>	+00:09:15 (36.0%)	5:07	11.7 (64.3%)
121	<b>GAZIŃSKI Przemysław</b>	<b>80</b>	BYLE(DO)JECHAĆ	M30	22	<b>00:25:36.30</b>	<b>00:25:48.90</b>	+00:09:21 (36.3%)	5:07	11.7 (64.3%)
122	<b>MAJCHRZAK Piotr</b>	<b>198</b>		M40	37	<b>00:25:48.80</b>	<b>00:25:57.95</b>	+00:09:30 (36.6%)	5:09	11.6 (63.7%)
123	<b>MAJCHRZAK Dominika</b>	<b>197</b>		K40	9	<b>00:25:49.55</b>	<b>00:25:58.05</b>	+00:09:30 (36.6%)	5:10	11.6 (63.7%)
124	<b>ŚLIWA Marek</b>	<b>398</b>		M40	38	<b>00:25:59.10</b>	<b>00:25:59.10</b>	+00:09:32 (36.7%)	5:11	11.5 (63.2%)
125	<b>ACHTELIK Klaudia</b>	<b>1</b>		K20	12	<b>00:25:58.50</b>	<b>00:26:01.35</b>	+00:09:34 (36.8%)	5:11	11.5 (63.2%)
126	<b>KUSTRA Paulina</b>	<b>169</b>	BBL POLICE	K30	13	<b>00:26:00.65</b>	<b>00:26:04.10</b>	+00:09:37 (36.9%)	5:12	11.5 (63.2%)
127	<b>CALY Przemek</b>	<b>36</b>		M30	23	<b>00:26:14.10</b>	<b>00:26:19.20</b>	+00:09:52 (37.5%)	5:14	11.4 (62.6%)
128	<b>RADCZUK Karolina</b>	<b>261</b>		K30	14	<b>00:26:15.65</b>	<b>00:26:21.00</b>	+00:09:53 (37.6%)	5:15	11.4 (62.6%)
129	<b>KOWALCZYK Mirosława</b>	<b>147</b>		K50	6	<b>00:26:12.15</b>	<b>00:26:23.05</b>	+00:09:55 (37.6%)	5:14	11.4 (62.6%)
130	<b>MICHAŁKO Kamila</b>	<b>215</b>		K30	15	<b>00:26:17.30</b>	<b>00:26:26.45</b>	+00:09:59 (37.8%)	5:15	11.4 (62.6%)
131	<b>BIELECKA-JAKUBIAK Paulina</b>	<b>373</b>		K40	10	<b>00:26:22.90</b>	<b>00:26:27.65</b>	+00:10:00 (37.8%)	5:16	11.4 (62.6%)
132	<b>WIĄCEK Anna</b>	<b>340</b>	KOBIECE BIEGANIE	K40	11	<b>00:26:23.55</b>	<b>00:26:27.75</b>	+00:10:00 (37.8%)	5:16	11.4 (62.6%)
133	<b>JURUĆ Paulina</b>	<b>118</b>	WIECZORNE BIEGANIE W SZCZECINIE	K30	16	<b>00:26:23.50</b>	<b>00:26:35.05</b>	+00:10:07 (38.1%)	5:16	11.4 (62.6%)
134	<b>REKOWSKA Danuta</b>	<b>265</b>		K50	7	<b>00:26:30.80</b>	<b>00:26:35.60</b>	+00:10:08 (38.1%)	5:18	11.3 (62.1%)
135	<b>MOFINA Piotr</b>	<b>219</b>		M20	14	<b>00:26:28.10</b>	<b>00:26:36.20</b>	+00:10:09 (38.2%)	5:17	11.3 (62.1%)
136	<b>BEJSTER Przemysław</b>	<b>17</b>	WIECZORNE BIEGANIE W SZCZECINIE	M60	5	<b>00:26:34.90</b>	<b>00:26:41.35</b>	+00:10:14 (38.4%)	5:19	11.3 (62.1%)
137	<b>BUGAJ Marcin</b>	<b>32</b>		M30	24	<b>00:26:36.80</b>	<b>00:26:42.65</b>	+00:10:15 (38.4%)	5:19	11.3 (62.1%)
138	<b>WIELIŃSKA Ewelina</b>	<b>342</b>		K20	13	<b>00:26:32.35</b>	<b>00:26:46.65</b>	+00:10:19 (38.6%)	5:18	11.3 (62.1%)
139	<b>ROMANOWICZ Marek</b>	<b>268</b>		M50	11	<b>00:26:45.75</b>	<b>00:26:48.25</b>	+00:10:21 (38.6%)	5:21	11.2 (61.5%)
140	<b>SUSZA Małgorzata</b>	<b>301</b>		K40	12	<b>00:26:45.65</b>	<b>00:26:54.55</b>	+00:10:27 (38.9%)	5:21	11.2 (61.5%)
141	<b>LICHT Michał</b>	<b>176</b>	EMEL ATHLETIC TEAM	M30	25	<b>00:26:41.00</b>	<b>00:26:56.00</b>	+00:10:28 (38.9%)	5:20	11.2 (61.5%)
142	<b>CEMBIK Artur</b>	<b>39</b>	EMEL ATHLETIC TEAM	M50	12	<b>00:26:42.15</b>	<b>00:26:56.20</b>	+00:10:29 (38.9%)	5:20	11.2 (61.5%)
143	<b>OLEŚKIEWICZ Michał</b>	<b>234</b>		M30	26	<b>00:26:53.15</b>	<b>00:27:02.20</b>	+00:10:35 (39.2%)	5:22	11.2 (61.5%)
144	<b>GAJDZIS Magdalena</b>	<b>77</b>		K50	8	<b>00:26:52.30</b>	<b>00:27:02.55</b>	+00:10:35 (39.2%)	5:22	11.2 (61.5%)
145	<b>BUJALSKA Anna</b>	<b>33</b>		K40	13	<b>00:27:04.95</b>	<b>00:27:06.95</b>	+00:10:39 (39.3%)	5:24	11.1 (61.0%)
146	<b>MARCHIEL Lena</b>	<b>206</b>		K50	9	<b>00:27:07.60</b>	<b>00:27:11.90</b>	+00:10:44 (39.5%)	5:25	11.1 (61.0%)
147	<b>SROCZYŃSKA Izabela</b>	<b>292</b>		K30	17	<b>00:27:11.55</b>	<b>00:27:17.40</b>	+00:10:50 (39.7%)	5:26	11 (60.4%)
148	<b>SZALEWICZ Małgorzata</b>	<b>302</b>	SZYBCIEJ NIE MOGĘ	K50	10	<b>00:27:09.75</b>	<b>00:27:22.20</b>	+00:10:55 (39.9%)	5:26	11 (60.4%)
149	<b>BEREŚ Dominika</b>	<b>19</b>		K20	14	<b>00:27:09.95</b>	<b>00:27:25.25</b>	+00:10:58 (40.0%)	5:26	11 (60.4%)
150	<b>KOPKA Elżbieta</b>	<b>143</b>	WIECZORNE BIEGANIE W SZCZECINIE	K50	11	<b>00:27:19.30</b>	<b>00:27:26.55</b>	+00:10:59 (40.1%)	5:27	11 (60.4%)
151	<b>POTASZ Robert</b>	<b>255</b>		M40	39	<b>00:27:18.05</b>	<b>00:27:28.20</b>	+00:11:01 (40.1%)	5:27	11 (60.4%)
152	<b>MLECZEK Roman</b>	<b>384</b>	BABINEK BIEGA	M40	40	<b>00:27:14.35</b>	<b>00:27:28.60</b>	+00:11:01 (40.1%)	5:26	11 (60.4%)
153	<b>STĘPNIAK Monika</b>	<b>298</b>	KOBIECE BIEGANIE	K30	18	<b>00:27:26.15</b>	<b>00:27:29.00</b>	+00:11:01 (40.1%)	5:29	10.9 (59.9%)
153	<b>MLECZEK Nela</b>	<b>385</b>	BABINEK BIEGA	K20	15	<b>00:27:14.90</b>	<b>00:27:29.00</b>	+00:11:01 (40.1%)	5:27	11 (60.4%)
155	<b>DANKIEWICZ Jarosław</b>	<b>52</b>		M40	41	<b>00:27:17.05</b>	<b>00:27:30.95</b>	+00:11:03 (40.2%)	5:27	11 (60.4%)
156	<b>JEZIOREK Agnieszka</b>	<b>386</b>	BABINEK BIEGA	K40	14	<b>00:27:16.30</b>	<b>00:27:31.10</b>	+00:11:04 (40.2%)	5:27	11 (60.4%)
157	<b>GRZYBOWSKA Dominika</b>	<b>97</b>		K30	19	<b>00:27:17.20</b>	<b>00:27:32.05</b>	+00:11:04 (40.2%)	5:27	11 (60.4%)
158	<b>BANASZAK-GÓRSKA Kinga</b>	<b>15</b>	BIEGUNKI	K40	15	<b>00:27:24.10</b>	<b>00:27:34.35</b>	+00:11:07 (40.3%)	5:28	10.9 (59.9%)
159	<b>POGORZELSKA Sylwia</b>	<b>252</b>	WIECZORNE BIEGANIE	K30	20	<b>00:27:27.60</b>	<b>00:27:35.00</b>	+00:11:07 (40.4%)	5:29	10.9 (59.9%)
160	<b>ADAMSKA Karolina</b>	<b>2</b>	DUOLIFE TEAM	K20	16	<b>00:27:35.30</b>	<b>00:27:37.85</b>	+00:11:10 (40.5%)	5:31	10.9 (59.9%)
161	<b>PŁYTIK Anna</b>	<b>251</b>	WIECZORNE BIEGANIE W SZCZECINIE	K40	16	<b>00:27:37.80</b>	<b>00:27:45.35</b>	+00:11:18 (40.7%)	5:31	10.9 (59.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
162	<b>PYTEL Anna</b>	<b>260</b>	BIEGUNKI	K20	17	<b>00:27:38.75</b>	<b>00:27:49.20</b>	+00:11:22 (40.9%)	5:31	10.8 (59.3%)
163	<b>SOBOLEWSKA-SZWED Ewelina</b>	<b>392</b>		K40	17	<b>00:27:47.95</b>	<b>00:27:56.75</b>	+00:11:29 (41.1%)	5:33	10.8 (59.3%)
164	<b>JASIŃSKA Natalia</b>	<b>112</b>	WIECZORNE BIEGANIE W SZCZECINIE	K30	21	<b>00:27:57.25</b>	<b>00:28:02.60</b>	+00:11:35 (41.3%)	5:35	10.7 (58.8%)
165	<b>MACIASZCZYK Ewa</b>	<b>191</b>	WIECZORNE BIEGANIE W SZCZECINIE	K40	18	<b>00:27:56.80</b>	<b>00:28:02.80</b>	+00:11:35 (41.3%)	5:35	10.7 (58.8%)
166	<b>SZOSTAK Daniel</b>	<b>316</b>		M40	42	<b>00:27:45.65</b>	<b>00:28:03.95</b>	+00:11:36 (41.4%)	5:33	10.8 (59.3%)
167	<b>KACZMAREK Arleta</b>	<b>121</b>	KOBIECE BIEGANIE	K30	22	<b>00:28:01.00</b>	<b>00:28:04.50</b>	+00:11:37 (41.4%)	5:36	10.7 (58.8%)
168	<b>ŻURAWSKA Krystyna</b>	<b>370</b>	BBL POLICE	K20	18	<b>00:27:55.25</b>	<b>00:28:08.25</b>	+00:11:41 (41.5%)	5:35	10.7 (58.8%)
169	<b>GORCZYCKA Grażyna</b>	<b>86</b>		K50	12	<b>00:28:21.35</b>	<b>00:28:23.80</b>	+00:11:56 (42.1%)	5:40	10.6 (58.2%)
170	<b>MAJEWSKI Karol</b>	<b>200</b>		M30	27	<b>00:28:16.55</b>	<b>00:28:24.55</b>	+00:11:57 (42.1%)	5:39	10.6 (58.2%)
171	<b>ŚLIWIŃSKA Justyna</b>	<b>326</b>		K20	19	<b>00:28:15.55</b>	<b>00:28:28.05</b>	+00:12:00 (42.2%)	5:39	10.6 (58.2%)
172	<b>ZIELIŃSKA Renata</b>	<b>363</b>	WILLA RUBIN	K50	13	<b>00:28:18.60</b>	<b>00:28:28.55</b>	+00:12:01 (42.2%)	5:39	10.6 (58.2%)
173	<b>JANAS Ilona</b>	<b>107</b>		K20	20	<b>00:28:16.70</b>	<b>00:28:32.30</b>	+00:12:05 (42.4%)	5:39	10.6 (58.2%)
174	<b>MARKIEWICZ Agnieszka</b>	<b>207</b>		K40	19	<b>00:28:24.10</b>	<b>00:28:38.80</b>	+00:12:11 (42.6%)	5:40	10.6 (58.2%)
175	<b>REWERS Aleksandra</b>	<b>266</b>	STOWARZYSZENIE BLIŻEJ SIEBIE	K30	23	<b>00:28:37.95</b>	<b>00:28:41.75</b>	+00:12:14 (42.7%)	5:43	10.5 (57.7%)
176	<b>REWERS Artur</b>	<b>267</b>	STOWARZYSZENIE BLIŻEJ SIEBIE	M40	43	<b>00:28:37.00</b>	<b>00:28:41.90</b>	+00:12:14 (42.7%)	5:43	10.5 (57.7%)
177	<b>MÓWIŃSKA Katarzyna</b>	<b>221</b>		K40	20	<b>00:28:40.15</b>	<b>00:28:45.50</b>	+00:12:18 (42.8%)	5:44	10.5 (57.7%)
178	<b>BACHMATIUK Honorata</b>	<b>10</b>		K40	21	<b>00:28:37.85</b>	<b>00:28:48.00</b>	+00:12:20 (42.9%)	5:43	10.5 (57.7%)
179	<b>RUP Anna</b>	<b>273</b>	MK FIZJOTERAPIA SZCZECIN	K30	24	<b>00:28:34.05</b>	<b>00:28:48.10</b>	+00:12:21 (42.9%)	5:42	10.5 (57.7%)
180	<b>CHRUSCIEWICZ Justyna</b>	<b>41</b>	BIEGUNKI	K30	25	<b>00:28:37.65</b>	<b>00:28:48.65</b>	+00:12:21 (42.9%)	5:43	10.5 (57.7%)
181	<b>NATALCZYK Ewelina</b>	<b>225</b>		K30	26	<b>00:28:49.20</b>	<b>00:28:57.90</b>	+00:12:30 (43.2%)	5:45	10.4 (57.1%)
182	<b>STELMACH Andrzej</b>	<b>296</b>		M30	28	<b>00:28:51.00</b>	<b>00:29:03.45</b>	+00:12:36 (43.4%)	5:46	10.4 (57.1%)
183	<b>BRZYSKI Łukasz</b>	<b>381</b>		M30	29	<b>00:29:03.25</b>	<b>00:29:07.70</b>	+00:12:40 (43.5%)	5:48	10.3 (56.6%)
184	<b>DOMINIAK Kamil</b>	<b>65</b>	TRIGYM SZCZECIN	M30	30	<b>00:28:50.55</b>	<b>00:29:08.15</b>	+00:12:41 (43.5%)	5:46	10.4 (57.1%)
185	<b>DOMINIAK Joanna</b>	<b>66</b>	TRIGYM SZCZECIN	K30	27	<b>00:28:51.65</b>	<b>00:29:08.40</b>	+00:12:41 (43.5%)	5:46	10.4 (57.1%)
186	<b>ŁĘCKA Karolina</b>	<b>186</b>		K30	28	<b>00:29:03.90</b>	<b>00:29:11.10</b>	+00:12:44 (43.6%)	5:48	10.3 (56.6%)
186	<b>MECHERSKA Joanna</b>	<b>212</b>		K30	29	<b>00:29:01.70</b>	<b>00:29:11.10</b>	+00:12:44 (43.6%)	5:48	10.3 (56.6%)
188	<b>RUTKOWSKA Justyna</b>	<b>275</b>	SCTP	K40	22	<b>00:29:07.95</b>	<b>00:29:14.30</b>	+00:12:47 (43.7%)	5:49	10.3 (56.6%)
189	<b>LUBASZKA Dorota</b>	<b>183</b>		K30	30	<b>00:29:11.15</b>	<b>00:29:19.10</b>	+00:12:52 (43.9%)	5:50	10.3 (56.6%)
190	<b>SIERZPUTOWSKA-MANTUR Joanna</b>	<b>285</b>		K50	14	<b>00:29:10.85</b>	<b>00:29:21.45</b>	+00:12:54 (44.0%)	5:50	10.3 (56.6%)
191	<b>LATKOWSKA Anna</b>	<b>375</b>		K30	31	<b>00:29:26.95</b>	<b>00:29:37.70</b>	+00:13:10 (44.5%)	5:53	10.2 (56.0%)
192	<b>MIELCARZ Aneta</b>	<b>182</b>	KOBIECE BIEGANIE	K30	32	<b>00:29:42.85</b>	<b>00:29:51.90</b>	+00:13:24 (44.9%)	5:56	10.1 (55.5%)
193	<b>PAKUŁA Klaudia</b>	<b>239</b>		K20	21	<b>00:29:46.80</b>	<b>00:29:54.30</b>	+00:13:27 (45.0%)	5:57	10.1 (55.5%)
194	<b>DROZDEK Joanna</b>	<b>68</b>	KOMPAS TEAM	K40	23	<b>00:29:43.60</b>	<b>00:30:01.40</b>	+00:13:34 (45.2%)	5:56	10.1 (55.5%)
195	<b>ZAMARIA Jerzy</b>	<b>357</b>		M60	6	<b>00:29:47.90</b>	<b>00:30:01.50</b>	+00:13:34 (45.2%)	5:57	10.1 (55.5%)
196	<b>WIECZOREK Magdalena</b>	<b>341</b>		K40	24	<b>00:29:54.65</b>	<b>00:30:01.60</b>	+00:13:34 (45.2%)	5:59	10 (54.9%)
197	<b>KAWKA Arkadiusz</b>	<b>131</b>		M50	13	<b>00:29:43.55</b>	<b>00:30:02.65</b>	+00:13:35 (45.2%)	5:56	10.1 (55.5%)
198	<b>SZCZEPANIK Ewa</b>	<b>304</b>		K20	22	<b>00:29:46.20</b>	<b>00:30:02.95</b>	+00:13:35 (45.3%)	5:57	10.1 (55.5%)
199	<b>KOMSA Lidia</b>	<b>141</b>		K50	15	<b>00:29:52.05</b>	<b>00:30:04.70</b>	+00:13:37 (45.3%)	5:58	10 (54.9%)
200	<b>SPROGIS-PIETRUCZUK Katarzyna</b>	<b>291</b>		K30	33	<b>00:29:47.70</b>	<b>00:30:05.00</b>	+00:13:37 (45.3%)	5:57	10.1 (55.5%)
201	<b>NIEMCZYK Marta</b>	<b>227</b>	WIECZORNE BIEGANIE W GRYFINIE	K30	34	<b>00:29:51.05</b>	<b>00:30:07.35</b>	+00:13:40 (45.4%)	5:58	10.1 (55.5%)
202	<b>KOLBUSZ Anna</b>	<b>139</b>	WIECZORNE BIEGANIE W SZCZECINIE	K30	35	<b>00:30:05.05</b>	<b>00:30:13.45</b>	+00:13:46 (45.6%)	6:01	10 (54.9%)
203	<b>KUTTER Christoph</b>	<b>170</b>	VFB PREUSSEN GMW	M60	7	<b>00:30:19.35</b>	<b>00:30:22.65</b>	+00:13:55 (45.8%)	6:03	9.9 (54.4%)
204	<b>STROJNY Alicja</b>	<b>300</b>		K20	23	<b>00:30:10.65</b>	<b>00:30:25.40</b>	+00:13:58 (45.9%)	6:02	9.9 (54.4%)
205	<b>BANASIAK Adrianna</b>	<b>14</b>		K30	36	<b>00:30:09.95</b>	<b>00:30:27.35</b>	+00:14:00 (46.0%)	6:02	9.9 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5km	brutto 5km			
206	<b>DĄBROWSKA Róża</b>	<b>56</b>		K40	25	<b>00:30:11.05</b>	<b>00:30:27.55</b>	+00:14:00 (46.0%)	6:02	9.9 (54.4%)
207	<b>OCHAŁ Artur</b>	<b>391</b>		M50	14	<b>00:30:18.10</b>	<b>00:30:33.60</b>	+00:14:06 (46.2%)	6:03	9.9 (54.4%)
208	<b>MAKUCH Agata</b>	<b>201</b>		K30	37	<b>00:30:23.20</b>	<b>00:30:38.90</b>	+00:14:11 (46.3%)	6:04	9.9 (54.4%)
209	<b>STANIAK Maciej</b>	<b>294</b>		M40	44	<b>00:30:23.15</b>	<b>00:30:41.35</b>	+00:14:14 (46.4%)	6:04	9.9 (54.4%)
210	<b>OPOLSKA Agata</b>	<b>235</b>		K30	38	<b>00:30:23.60</b>	<b>00:30:41.50</b>	+00:14:14 (46.4%)	6:04	9.9 (54.4%)
211	<b>LEWANDOWSKA Agnieszka</b>	<b>175</b>		K40	26	<b>00:31:01.10</b>	<b>00:31:05.55</b>	+00:14:38 (47.1%)	6:12	9.7 (53.3%)
212	<b>ADAMSKA Anna</b>	<b>4</b>	DUOLIFE TEAM	K50	16	<b>00:31:02.60</b>	<b>00:31:07.05</b>	+00:14:39 (47.1%)	6:12	9.7 (53.3%)
213	<b>PIĄTKIEWICZ Grażyna</b>	<b>245</b>		K50	17	<b>00:31:01.20</b>	<b>00:31:16.20</b>	+00:14:49 (47.4%)	6:12	9.7 (53.3%)
214	<b>BOBROVNYK Dasza</b>	<b>24</b>		K20	24	<b>00:31:12.25</b>	<b>00:31:17.95</b>	+00:14:50 (47.4%)	6:14	9.6 (52.7%)
215	<b>CIURZYŃSKA Katarzyna</b>	<b>45</b>	MOJEBEZRZECZE.PL	K30	39	<b>00:31:12.65</b>	<b>00:31:19.00</b>	+00:14:51 (47.5%)	6:14	9.6 (52.7%)
216	<b>MARKS Katarzyna</b>	<b>209</b>		K40	27	<b>00:31:26.75</b>	<b>00:31:37.85</b>	+00:15:10 (48.0%)	6:17	9.5 (52.2%)
217	<b>JĘDRUCH Danuta</b>	<b>114</b>		K50	18	<b>00:31:38.70</b>	<b>00:31:43.60</b>	+00:15:16 (48.1%)	6:19	9.5 (52.2%)
218	<b>WOJTASIK-WIRZMAN Agnieszka</b>	<b>371</b>		K40	28	<b>00:31:38.35</b>	<b>00:31:44.50</b>	+00:15:17 (48.2%)	6:19	9.5 (52.2%)
219	<b>WOŹNIAK Aleksandra</b>	<b>349</b>	WIECZORNE BIEGANIE W SZCZECINIE	K20	25	<b>00:31:40.50</b>	<b>00:31:47.70</b>	+00:15:20 (48.3%)	6:20	9.5 (52.2%)
220	<b>CORCUERA Carlos</b>	<b>47</b>		M50	15	<b>00:31:42.15</b>	<b>00:31:49.20</b>	+00:15:22 (48.3%)	6:20	9.5 (52.2%)
221	<b>ZANIEWSKA Wiktoria</b>	<b>376</b>		K20	26	<b>00:31:44.40</b>	<b>00:31:50.35</b>	+00:15:23 (48.3%)	6:21	9.4 (51.6%)
222	<b>REDLARSKA Anna</b>	<b>264</b>	KOBIECE BIEGANIE	K30	40	<b>00:31:42.05</b>	<b>00:31:52.50</b>	+00:15:25 (48.4%)	6:20	9.5 (52.2%)
223	<b>ŚWISTAK Grzegorz</b>	<b>328</b>		M50	16	<b>00:31:44.30</b>	<b>00:31:53.95</b>	+00:15:26 (48.4%)	6:20	9.5 (52.2%)
224	<b>RADZISZEWICZ Tomasz</b>	<b>262</b>		M50	17	<b>00:31:53.05</b>	<b>00:32:10.95</b>	+00:15:43 (48.9%)	6:22	9.4 (51.6%)
225	<b>KAMER Lucyna</b>	<b>123</b>		K40	29	<b>00:32:02.55</b>	<b>00:32:11.05</b>	+00:15:43 (48.9%)	6:24	9.4 (51.6%)
226	<b>BOGACKA Ewa</b>	<b>25</b>	FREDKI	K40	30	<b>00:32:10.55</b>	<b>00:32:22.10</b>	+00:15:55 (49.2%)	6:26	9.3 (51.1%)
227	<b>KRASNODEBSKA Julia</b>	<b>154</b>	BBL POLICE	K20	27	<b>00:32:09.70</b>	<b>00:32:22.60</b>	+00:15:55 (49.2%)	6:26	9.3 (51.1%)
228	<b>ORLEWICZ Piotr</b>	<b>236</b>	WIECZORNE BIEGANIE	M30	31	<b>00:32:20.45</b>	<b>00:32:32.30</b>	+00:16:05 (49.4%)	6:28	9.3 (51.1%)
228	<b>ORLEWICZ Maja</b>	<b>237</b>	WIECZORNE BIEGANIE W SZCZECINIE	K20	28	<b>00:32:20.10</b>	<b>00:32:32.30</b>	+00:16:05 (49.4%)	6:28	9.3 (51.1%)
230	<b>STĘPIEŃ Hubert</b>	<b>297</b>		M30	32	<b>00:32:27.55</b>	<b>00:32:35.50</b>	+00:16:08 (49.5%)	6:29	9.2 (50.5%)
231	<b>WANAGIEL-BEREŚ Agata</b>	<b>335</b>		K40	31	<b>00:32:26.55</b>	<b>00:32:39.20</b>	+00:16:12 (49.6%)	6:29	9.2 (50.5%)
232	<b>STROJNY Joanna</b>	<b>299</b>	RAZ	K40	32	<b>00:32:32.55</b>	<b>00:32:47.75</b>	+00:16:20 (49.8%)	6:30	9.2 (50.5%)
233	<b>LANDOWSKA Ewelina</b>	<b>380</b>	SMS POLICE	K30	41	<b>00:32:48.65</b>	<b>00:32:53.80</b>	+00:16:26 (50.0%)	6:33	9.1 (50.0%)
234	<b>ZBORALSKI Tomasz</b>	<b>379</b>		M30	33	<b>00:32:47.55</b>	<b>00:32:54.05</b>	+00:16:26 (50.0%)	6:33	9.1 (50.0%)
235	<b>DACZKOWSKA Henryka</b>	<b>51</b>	WYWROTKA	K20	29	<b>00:33:01.30</b>	<b>00:33:06.45</b>	+00:16:39 (50.3%)	6:36	9.1 (50.0%)
236	<b>SZCZERBIŃSKA Barbara</b>	<b>306</b>		K60	1	<b>00:33:05.40</b>	<b>00:33:12.90</b>	+00:16:45 (50.5%)	6:37	9.1 (50.0%)
237	<b>KACZYŃSKI Artur</b>	<b>122</b>		M40	45	<b>00:33:06.50</b>	<b>00:33:17.20</b>	+00:16:50 (50.6%)	6:37	9.1 (50.0%)
237	<b>SZLARB Paweł</b>	<b>313</b>	RAZ SZCZECIN	M50	18	<b>00:33:02.25</b>	<b>00:33:17.20</b>	+00:16:50 (50.6%)	6:36	9.1 (50.0%)
239	<b>SZLARB Maria</b>	<b>314</b>	RAZ SZCZECIN	K20	30	<b>00:33:17.95</b>	<b>00:33:17.95</b>	+00:16:50 (50.6%)	6:39	9 (49.5%)
240	<b>KRUGŁY Magdalena</b>	<b>157</b>		K30	42	<b>00:33:10.90</b>	<b>00:33:26.70</b>	+00:16:59 (50.8%)	6:38	9 (49.5%)
241	<b>JĘDRUSIK Dorota</b>	<b>115</b>		K40	33	<b>00:33:21.35</b>	<b>00:33:30.50</b>	+00:17:03 (50.9%)	6:40	9 (49.5%)
242	<b>MURAWSKA Ewelina</b>	<b>390</b>		K30	43	<b>00:33:34.15</b>	<b>00:33:39.85</b>	+00:17:12 (51.1%)	6:42	8.9 (48.9%)
243	<b>CHUTKOWSKA Katarzyna</b>	<b>42</b>		K30	44	<b>00:33:34.45</b>	<b>00:33:40.90</b>	+00:17:13 (51.2%)	6:42	8.9 (48.9%)
244	<b>SAMBORSKA Katarzyna</b>	<b>278</b>		K30	45	<b>00:33:33.65</b>	<b>00:33:41.45</b>	+00:17:14 (51.2%)	6:42	8.9 (48.9%)
245	<b>WIKA Marta</b>	<b>344</b>	WIECZORNE BIEGANIE W SZCZECINIE	K20	31	<b>00:33:41.95</b>	<b>00:33:57.35</b>	+00:17:30 (51.5%)	6:44	8.9 (48.9%)
246	<b>URBAN-MALADA Patrycja</b>	<b>397</b>		K40	34	<b>00:33:51.40</b>	<b>00:34:02.00</b>	+00:17:34 (51.7%)	6:46	8.9 (48.9%)
247	<b>KAWKA Aleksandra</b>	<b>130</b>		K20	32	<b>00:33:52.20</b>	<b>00:34:08.00</b>	+00:17:40 (51.8%)	6:46	8.9 (48.9%)
248	<b>PŁOSA Monika</b>	<b>250</b>		K30	46	<b>00:34:16.40</b>	<b>00:34:35.40</b>	+00:18:08 (52.4%)	6:51	8.8 (48.4%)
249	<b>KIELCZYK Katarzyna</b>	<b>134</b>	WIECZORNE BIEGANIE W SZCZECINIE	K40	35	<b>00:34:22.35</b>	<b>00:34:35.55</b>	+00:18:08 (52.4%)	6:52	8.7 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
250	<b>KOZŁOWSKA Agnieszka</b>	<b>151</b>		K40	36	<b>00:34:22.90</b>	<b>00:34:35.85</b>	+00:18:08 (52.4%)	6:52	8.7 (47.8%)
251	<b>OLECH Tosia</b>	<b>230</b>	MHTZ	K20	33	<b>00:34:56.40</b>	<b>00:35:10.60</b>	+00:18:43 (53.2%)	6:59	8.6 (47.3%)
252	<b>OLECH Zbigniew</b>	<b>231</b>	MHTZ	M40	46	<b>00:34:58.25</b>	<b>00:35:11.75</b>	+00:18:44 (53.3%)	6:59	8.6 (47.3%)
253	<b>ZDANKIEWICZ Olga</b>	<b>359</b>		K30	47	<b>00:35:29.15</b>	<b>00:35:40.85</b>	+00:19:13 (53.9%)	7:05	8.5 (46.7%)
254	<b>RUDZIK Gabriela</b>	<b>272</b>		K30	48	<b>00:36:04.35</b>	<b>00:36:09.10</b>	+00:19:42 (54.5%)	7:13	8.3 (45.6%)
255	<b>OSOWSKA Anna</b>	<b>238</b>	KOBIECE BIEGANIE	K40	37	<b>00:36:16.05</b>	<b>00:36:25.75</b>	+00:19:58 (54.8%)	7:15	8.3 (45.6%)
256	<b>ZAGÓRSKA Joanna</b>	<b>354</b>		K50	19	<b>00:36:25.40</b>	<b>00:36:31.35</b>	+00:20:04 (55.0%)	7:17	8.2 (45.1%)
257	- -	<b>46</b>		M40	47	<b>00:37:16.50</b>	<b>00:37:24.80</b>	+00:20:57 (56.0%)	7:27	8.1 (44.5%)
258	<b>ALEKSANDROWICZ Joanna</b>	<b>6</b>		K30	49	<b>00:37:26.70</b>	<b>00:37:31.30</b>	+00:21:04 (56.2%)	7:29	8 (44.0%)
259	<b>ROSA Braian</b>	<b>269</b>		M20	15	<b>00:37:26.95</b>	<b>00:37:31.40</b>	+00:21:04 (56.2%)	7:29	8 (44.0%)
260	<b>KRASNODEBSKA Magdalena</b>	<b>153</b>	BBL POLICE	K30	50	<b>00:40:09.80</b>	<b>00:40:22.25</b>	+00:23:55 (59.2%)	8:02	7.5 (41.2%)

Znaleziono 260 wynik(ów)