



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dziki Weekend 2020
Stowarzyszenie Klub Biegowy Dzik
2020-08-23
Police
7.5 km

EKSTREMALNY DZIKOBIEG

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/ bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
1	PAWLISIAK Paweł	991	BBL POLICE/ STG SZCZECIN	M2 30-39	1		BBL Police / STG Szczecin	00:01:49		00:44:42.05	00:46:31.25		5:57	10.1 (100%)
2	NOWICKI Bartosz	1004	BNOW SPORTS	M2 30-39	2	12 BZ Szczecin	12 BZ Szczecin	00:01:13		00:45:56.20	00:47:09.95	+00:01:14 (2.7%)	6:07	9.8 (97.0%)
3	OLICHOWSKI Mateusz	518	SURVIWAŁTEAM	M1 16-29	1			00:04:24		00:48:41.25	00:53:05.95	+00:03:59 (8.2%)	6:29	9.2 (91.1%)
4	POKRZYWIŃSKI Zbigniew	574	BBL POLICE / STG SZCZECIN	M2 30-39	3	12 BZ Szczecin	BBL Police / STG Szczecin	00:01:51		00:48:58.20	00:50:50.15	+00:04:16 (8.7%)	6:31	9.2 (91.1%)
5	HRYNKO Jacek	953	15 BRYGADA ZMECHANIZOWANA W GIŻYCKU	M1 16-29	2	15Giżycka Brygada Zmechanizowana	15 Giżycka Brygada Zmechanizowana	00:01:06		00:51:02.30	00:52:08.55	+00:06:20 (12.4%)	6:48	8.8 (87.1%)
6	RUDZIŃSKI Jacek	1126	KB HERMES GRYFINO / KW PSP SZCZECIN	M4 50-59	1			00:39:24		00:51:22.85	01:30:47.60	+00:06:40 (13.0%)	6:51	8.8 (87.1%)
7	WOSZCZYŁO Adrian	452	ASGARD TEAM	M2 30-39	4	KP PSP Międzychód	Asgard Team	00:02:50		00:53:04.15	00:55:54.15	+00:08:22 (15.8%)	7:04	8.5 (84.2%)
8	WITTCHEN Dawid	431	ASGARD TEAM	M1 16-29	3	KP PSP Międzychód	Asgard Team	00:02:46		00:53:33.80	00:56:20.35	+00:08:51 (16.5%)	7:08	8.4 (83.2%)
9	ŁOTOCKI Rafał	575	STG SZCZECIN	M3 40-49	1		STG Szczecin	00:02:16		00:54:13.25	00:56:29.55	+00:09:31 (17.6%)	7:13	8.3 (82.2%)
10	DUCHNOWSKI Łukasz	952	15 GIZYCKA BRYGADA ZMECHANIZOWANA	M2 30-39	5	15Giżycka Brygada Zmechanizowana	15 Giżycka Brygada Zmechanizowana	00:01:03		00:54:29.55	00:55:32.75	+00:09:47 (18.0%)	7:15	8.3 (82.2%)
11	RUBIN Karol	997	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	M1 16-29	4	15Giżycka Brygada Zmechanizowana	15 Giżycka Brygada Zmechanizowana	00:01:11		00:55:32.30	00:56:43.70	+00:10:50 (19.5%)	7:24	8.1 (80.2%)
12	GRZEGORCZYK Marcin	994	BBL POLICE / STG SZCZECIN	M2 30-39	6	12 BZ Szczecin	BBL Police / STG Szczecin	00:02:19		00:55:34.90	00:57:54.50	+00:10:52 (19.6%)	7:24	8.1 (80.2%)
13	BURAS Radosław	1135	RAGNAROK SZCZECIN	M2 30-39	7		Ragnarok Szczecin	00:04:38		00:55:46.50	01:00:24.85	+00:11:04 (19.9%)	7:26	8.1 (80.2%)
14	APIECIONEK Mateusz	1253	UKL SEMEK	M1 16-29	5			00:05:46		00:56:19.80	01:02:05.80	+00:11:37 (20.6%)	7:30	8 (79.2%)
15	WRÓBLEWSKI Michał	983	LIFE4FIT	M3 40-49	2			00:13:52		00:56:25.70	01:10:18.30	+00:11:43 (20.8%)	7:31	8 (79.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
16	MAZUR Emiliusz	955	KM PSP KOSZALIN	M3 40-49	3	PSP Koszalin	PSP Koszalin	01:43:07		00:57:49.95	02:40:57.35	+00:13:07 (22.7%)	7:42	7.8 (77.2%)
17	SŁOWIK Jacek	635		M2 30-39	8			01:16:07		00:58:10.00	02:14:17.55	+00:13:27 (23.2%)	7:45	7.7 (76.2%)
18	WOSZCZYK Sebastian	621		M3 40-49	4			00:33:20		00:58:57.45	01:32:17.50	+00:14:15 (24.2%)	7:51	7.6 (75.2%)
19	ZYGMUNT Tomasz	798	OŻW SZCZECIN	M3 40-49	5	OŻW Szczecin	OŻW Szczecin	00:32:43		00:59:20.10	01:32:03.65	+00:14:38 (24.7%)	7:54	7.6 (75.2%)
20	MĄDROWSKI Tomasz	436	ASGARD TEAM	M2 30-39	9	KP PSP Międzychód	Asgard Team	00:03:45		00:59:30.30	01:03:15.45	+00:14:48 (24.9%)	7:56	7.6 (75.2%)
21	MARZEC Karolina	961	DZIKIE DZIKI GORZÓW	K3 40-49	1		DZIKIE DZIKI GORZÓW	00:32:59		00:59:59.10	01:32:58.25	+00:15:17 (25.5%)	7:59	7.5 (74.3%)
22	ALEKSANDROV Denys	941	TRIGYM	M1 16-29	6			00:04:05		01:00:36.30	01:04:41.30	+00:15:54 (26.2%)	8:04	7.4 (73.3%)
23	NOWICKI Maciej	426		M2 30-39	10			00:18:45		01:00:44.60	01:19:29.85	+00:16:02 (26.4%)	8:05	7.4 (73.3%)
24	STOLARCZUK Grzegorz	954		M2 30-39	11			00:23:04		01:00:44.70	01:23:49.25	+00:16:02 (26.4%)	8:06	7.4 (73.3%)
25	HOŁYŃSKI Leszek	679	KM PSP SZCZECIN	M2 30-39	12	KM PSP SZCZECIN		00:31:53		01:01:02.20	01:32:55.55	+00:16:20 (26.8%)	8:08	7.4 (73.3%)
26	OSTOJSKI Ireneusz	966	DLL PARTNERS	M3 40-49	6		DLL Partners	01:30:14		01:01:34.95	02:31:49.00	+00:16:52 (27.4%)	8:12	7.3 (72.3%)
27	CIĘŻKI Kuba	420	RAGNAROK SZCZECIN	M1 16-29	7		Ragnarok Szczecin	00:04:41		01:01:51.10	01:06:32.85	+00:17:09 (27.7%)	8:14	7.3 (72.3%)
28	MURYN Dawid	951	RAGNAROK SZCZECIN	M1 16-29	8		Ragnarok Szczecin	00:04:28		01:01:59.30	01:06:27.50	+00:17:17 (27.9%)	8:15	7.3 (72.3%)
29	DYDEK Edyta	1159	SKB DZIK	K1 16-29	1		SKB Dzik	00:02:55		01:02:08.95	01:05:04.25	+00:17:26 (28.1%)	8:17	7.2 (71.3%)
30	TOMCZAK Artur	896	DIRTY SPARROWS	M2 30-39	13			00:05:28		01:02:09.35	01:07:38.10	+00:17:27 (28.1%)	8:17	7.2 (71.3%)
31	ZELEK Darek	965		M3 40-49	7			00:32:20		01:02:25.00	01:34:45.30	+00:17:42 (28.4%)	8:19	7.2 (71.3%)
32	PYREK Krzysztof	663	JOKER	M3 40-49	8			00:16:02		01:02:52.65	01:18:54.80	+00:18:10 (28.9%)	8:22	7.2 (71.3%)
33	KĘDZIOR Jakub	607	DECATHLON PIŁA	M1 16-29	9		Wataha Wałcz	00:16:37		01:03:06.00	01:19:43.70	+00:18:23 (29.2%)	8:24	7.1 (70.3%)
34	KOCZKODAJ Kamil	805	OŻW SZCZECIN	M2 30-39	14	OŻW Szczecin	OŻW Szczecin	01:48:16		01:03:21.10	02:51:37.85	+00:18:39 (29.4%)	8:26	7.1 (70.3%)
35	JUSZCZAK Katarzyna	542	OŻW SZCZECIN	K2 30-39	1	OŻW Szczecin	OŻW Szczecin	01:47:54		01:03:53.30	02:51:47.60	+00:19:11 (30.0%)	8:31	7 (69.3%)
36	KRZEŚNIEWSKI Marcin	646	ROWEROWY ZAŁOM	M3 40-49	9			00:11:16		01:04:15.40	01:15:31.55	+00:19:33 (30.4%)	8:34	7 (69.3%)
37	IWANIEC Dariusz	713	BIEGOLAS KOSZALIN	M3 40-49	10		Biegolas Koszalin	00:38:30		01:04:22.50	01:42:53.15	+00:19:40 (30.6%)	8:35	7 (69.3%)
38	PILARCZYK Katarzyna	709	KLUB SPORTOWY FITNESS	K2 30-39	2		Klub Sportowy Fitness	00:03:48		01:04:50.05	01:08:38.55	+00:20:08 (31.1%)	8:38	6.9 (68.3%)
39	PIESZAK Tomasz	1083	OŻW SZCZECIN	M2 30-39	15		OŻW Szczecin	01:47:56		01:04:58.30	02:52:55.20	+00:20:16 (31.2%)	8:39	6.9 (68.3%)
40	RUŚKIEWICZ Wojciech	943	DELOITTE ADVENTURE TEAM	M2 30-39	16			00:38:17		01:04:58.40	01:43:16.25	+00:20:16 (31.2%)	8:39	6.9 (68.3%)
41	KRUSZCZYŃSKA Marzena	1165	SURVIVAL TEAM	K2 30-39	3			00:04:20		01:05:18.75	01:09:39.50	+00:20:36 (31.6%)	8:42	6.9 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/ bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
42	MOTYL Wojciech	1087		M2 30-39	17			00:49:18		01:05:22.45	01:54:41.00	+00:20:40 (31.6%)	8:43	6.9 (68.3%)
43	LEWICKI Piotr	577	ŁOSOŚ TEAM	M2 30-39	18		ŁOSOŚ TEAM	01:20:26		01:05:32.85	02:25:59.45	+00:20:50 (31.8%)	8:44	6.9 (68.3%)
44	BLIZNA Rafał	1118		M2 30-39	19			00:42:11		01:05:33.80	01:47:45.35	+00:20:51 (31.8%)	8:44	6.9 (68.3%)
45	KAPŁANIAK Adrian	986	BBL POLICE	M1 16-29	10	12 BZ Szczecin	BBL Police / STG Szczecin	00:19:22		01:05:53.25	01:25:15.55	+00:21:11 (32.2%)	8:47	6.8 (67.3%)
46	KUCHARCZYK Robert	764	RANGRYF	M4 50-59	2		RunGryf	00:55:42		01:05:56.80	02:01:39.10	+00:21:14 (32.2%)	8:47	6.8 (67.3%)
47	OLEJARZ Damian	636	POL-BUD POLICE	M2 30-39	20			00:02:00		01:07:09.85	01:09:10.70	+00:22:27 (33.4%)	8:57	6.7 (66.3%)
48	JASTAK Paweł	665		M3 40-49	11			00:32:47		01:08:08.10	01:40:55.40	+00:23:26 (34.4%)	9:05	6.6 (65.3%)
49	WOJDYŁA Michał	909	ROYAL RUNNERS TEAM	M2 30-39	21			02:21:23		01:08:11.85	03:29:34.95	+00:23:29 (34.5%)	9:05	6.6 (65.3%)
50	SIEDLER Martin	827		M2 30-39	22			01:35:25		01:08:29.25	02:43:55.05	+00:23:47 (34.7%)	9:08	6.6 (65.3%)
51	RYŻ Arkadiusz	973	DLL PARTNERS	M2 30-39	23		DLL Partners	01:35:01		01:08:32.40	02:43:33.45	+00:23:50 (34.8%)	9:08	6.6 (65.3%)
52	MORGIEWICZ Piotr	962	RUNGRYF GRZYFICE	M4 50-59	3			00:48:04		01:08:44.80	01:56:49.45	+00:24:02 (35.0%)	9:10	6.5 (64.4%)
53	MAJDAN-ADAMSKA Agnieszka	1246		K3 40-49	2			02:24:04		01:08:45.00	03:32:49.35	+00:24:02 (35.0%)	9:10	6.5 (64.4%)
54	TOMICZAK Krzysztof	660		M3 40-49	12			00:40:54		01:08:54.05	01:49:48.70	+00:24:12 (35.1%)	9:11	6.5 (64.4%)
55	KRUK Bartosz	934		M2 30-39	24			01:37:38		01:09:20.70	02:46:59.25	+00:24:38 (35.5%)	9:14	6.5 (64.4%)
56	DZIADEK Krzysztof	901	BIEGOLAS KOSZALIN	M2 30-39	25		Biegolas Koszalin	00:39:06		01:09:23.10	01:48:29.50	+00:24:41 (35.6%)	9:15	6.5 (64.4%)
57	MICERSKI Tomasz	666	BIEGOLAS KOSZALIN	M3 40-49	13		Biegolas Koszalin	00:38:55		01:09:34.20	01:48:30.10	+00:24:52 (35.7%)	9:16	6.5 (64.4%)
58	KUŁAKOWSKI Dawid	676	BIEGOLAS KOSZALIN	M3 40-49	14		Biegolas Koszalin	00:38:50		01:09:39.50	01:48:29.95	+00:24:57 (35.8%)	9:17	6.5 (64.4%)
59	RYNKIEWICZ Jędrzej	985	15 GIŻYCKA BRYGADY ZMECHANIZOWANA	M2 30-39	26	15Giżycka Brygada Zmechanizowana	15 Giżycka Brygada Zmechanizowana	00:01:15		01:09:43.35	01:10:58.50	+00:25:01 (35.9%)	9:17	6.5 (64.4%)
60	BIENKOWSKI Tomasz	861	BIEGOLAS	M2 30-39	27		Biegolas Koszalin	00:38:35		01:09:53.70	01:48:28.70	+00:25:11 (36.0%)	9:19	6.4 (63.4%)
61	CIELUCH Paulina	1252	GRUPA AZOTY POLICE	K2 30-39	4			00:06:19		01:09:55.40	01:16:14.75	+00:25:13 (36.1%)	9:19	6.4 (63.4%)
62	KRZYWIEC Grzegorz	874	BBL POLICE	M2 30-39	28			00:06:23		01:09:56.15	01:16:19.35	+00:25:14 (36.1%)	9:19	6.4 (63.4%)
63	WOŁK Marcin	712	KSF	M2 30-39	29		Klub Sportowy Fitness	00:03:52		01:10:08.45	01:14:00.55	+00:25:26 (36.3%)	9:21	6.4 (63.4%)
64	GÓSKI Tomasz	886	TEAM SPIRIT NOWA SÓL	M3 40-49	15			00:37:19		01:10:21.35	01:47:41.15	+00:25:39 (36.5%)	9:22	6.4 (63.4%)
65	RODZUCH Antoni	1256		M1 16-29	11			00:54:02		01:10:22.60	02:04:25.50	+00:25:40 (36.5%)	9:23	6.4 (63.4%)
66	NIEWCZAS Jakub	935	DZIKA SIGMA	M1 16-29	12		Dzika Sigma	00:09:24		01:10:33.35	01:19:57.90	+00:25:51 (36.6%)	9:24	6.4 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/ bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
67	KARPIŃSKI Bartłomiej	530	RAGNAROK SZCZECIN	M2 30-39	30		Ragnarok Szczecin	00:04:32		01:10:46.10	01:15:18.85	+00:26:04 (36.8%)	9:26	6.4 (63.4%)
68	DYDEK Arkadiusz	1160	SKB DZIK	M1 16-29	13		SKB Dzik	00:06:36		01:10:54.50	01:17:31.35	+00:26:12 (37.0%)	9:27	6.3 (62.4%)
69	GARBACIAK Tomasz	1085		M2 30-39	31			02:50:59		01:12:01.85	04:03:01.60	+00:27:19 (37.9%)	9:36	6.2 (61.4%)
70	DROŹDZIŃSKI Konrad	945	RAZ SZCZECIN	M2 30-39	32			03:19:20		01:12:12.15	04:31:32.30	+00:27:30 (38.1%)	9:37	6.2 (61.4%)
71	ARLUKIEWICZ Grzegorz	705		M2 30-39	33			01:15:02		01:12:20.35	02:27:22.85	+00:27:38 (38.2%)	9:38	6.2 (61.4%)
72	KARAKUŁA Krzysztof	1079		M1 16-29	14			00:06:32		01:12:46.15	01:19:18.75	+00:28:04 (38.6%)	9:42	6.2 (61.4%)
73	BILIŃSKI Zbigniew	911	12BZ	M4 50-59	4			00:05:59		01:13:02.55	01:19:02.30	+00:28:20 (38.8%)	9:44	6.2 (61.4%)
74	SZYSZKO Filip	1131	DLL PARTNERS	M1 16-29	15		DLL Partners	00:41:34		01:13:09.00	01:54:43.75	+00:28:26 (38.9%)	9:45	6.2 (61.4%)
75	FUDRO Edward	721		M5 60+	1			00:56:43		01:13:19.45	02:10:03.30	+00:28:37 (39.0%)	9:46	6.1 (60.4%)
76	PLURA Marcin	449	ASGARD TEAM	M1 16-29	16	KP PSP Międzychód	Asgard Team	00:03:06		01:13:55.50	01:17:01.50	+00:29:13 (39.5%)	9:51	6.1 (60.4%)
77	GRZESIK Eugeniusz	1163	KMPSP KOSZALIN	M4 50-59	5	KMPSP Koszalin	KMPSP Koszalin	00:02:12	00:15:00	01:14:39.00	01:16:51.00	+00:29:56 (40.1%)	7:57	7.5 (74.3%)
78	NAREJKO Paweł	821		M1 16-29	17			00:41:26		01:14:48.20	01:56:14.95	+00:30:06 (40.2%)	9:58	6 (59.4%)
79	RADZIEJEWSKI Paweł	561		M1 16-29	18			00:35:18		01:14:49.40	01:50:07.85	+00:30:07 (40.3%)	9:58	6 (59.4%)
80	BOBROWSKI Daniel	1144		M1 16-29	19			02:43:25		01:14:59.00	03:58:24.35	+00:30:16 (40.4%)	9:59	6 (59.4%)
81	GONTEK Łukasz	875	ŁOSOŚ TEAM	M2 30-39	34		ŁOSOŚ TEAM	00:46:21		01:15:07.35	02:01:28.70	+00:30:25 (40.5%)	10:00	6 (59.4%)
82	KOŁOMAŃSKI Hubert	1006		M2 30-39	35			01:24:32		01:15:35.05	02:40:07.80	+00:30:53 (40.9%)	10:04	6 (59.4%)
83	ARAMOWICZ Sławomir	749	OŻW SZCZECIN	M2 30-39	36	OŻW Szczecin	OŻW Szczecin	01:38:13		01:15:35.10	02:53:48.35	+00:30:53 (40.9%)	10:04	6 (59.4%)
84	PASTERNAK Rafał	923	ODRA GRYFINO	M2 30-39	37		Odra Gryfino	00:19:15		01:15:35.70	01:34:50.75	+00:30:53 (40.9%)	10:04	6 (59.4%)
85	PAŃCZYK Tomasz	979		M2 30-39	38			00:17:31		01:15:37.05	01:33:09.00	+00:30:55 (40.9%)	10:05	5.9 (58.4%)
86	WASIELEWSKI Jakub	978		M2 30-39	39			01:37:26		01:15:55.40	02:53:21.40	+00:31:13 (41.1%)	10:07	5.9 (58.4%)
87	CZAPLA Tomasz	977		M3 40-49	16			01:37:21		01:15:59.60	02:53:21.20	+00:31:17 (41.2%)	10:08	5.9 (58.4%)
88	POGORZELSKA Aleksandra	602	DECATHLON PIŁA	K1 16-29	2		Wataha Walcz	00:16:43		01:16:00.45	01:32:43.55	+00:31:18 (41.2%)	10:08	5.9 (58.4%)
89	GĄGOL Marek	996	ZAMENA	M2 30-39	40			00:43:10		01:16:02.55	01:59:12.55	+00:31:20 (41.2%)	10:08	5.9 (58.4%)
90	STERNA Maciej	691	ZAMENA	M2 30-39	41			00:43:04		01:16:08.45	01:59:12.65	+00:31:26 (41.3%)	10:09	5.9 (58.4%)
91	SKRZYPKOWSKI Łukasz	435	LUKSMASAŻ	M3 40-49	17			00:03:41		01:16:09.10	01:19:50.90	+00:31:27 (41.3%)	10:09	5.9 (58.4%)
92	BERNACKA-SZYDLIK Karolina	573		K2 30-39	5			01:29:03		01:16:20.50	02:45:24.45	+00:31:38 (41.4%)	10:10	5.9 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/ bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
93	SZOTA Robert	520	SMT SZCZECIN	M2 30-39	42			00:40:45		01:16:37.70	01:57:23.10	+00:31:55 (41.7%)	10:13	5.9 (58.4%)
94	DUBIEL Monika	405		K2 30-39	6			00:24:07		01:17:11.90	01:41:19.05	+00:32:29 (42.1%)	10:17	5.8 (57.4%)
95	KOWALSKI Piotr	444		M2 30-39	43			00:06:29		01:17:12.50	01:23:42.25	+00:32:30 (42.1%)	10:17	5.8 (57.4%)
96	MATUSIAK Rafał	639	WŚCIEKŁE PSY	M1 16-29	20		Wściekłe Psy	01:06:37		01:17:22.40	02:24:00.15	+00:32:40 (42.2%)	10:19	5.8 (57.4%)
97	ROJEWSKI Mateusz	855		M2 30-39	44	12 BZ Szczecin		00:17:28		01:17:54.50	01:35:22.55	+00:33:12 (42.6%)	10:23	5.8 (57.4%)
98	GIETKO Piotr	1080		M3 40-49	18			02:25:10		01:17:58.40	03:43:08.60	+00:33:16 (42.7%)	10:23	5.8 (57.4%)
99	SĘK Dariusz	532		M3 40-49	19			02:25:06		01:18:01.70	03:43:08.40	+00:33:19 (42.7%)	10:24	5.8 (57.4%)
100	KNIAŻ Tomasz	407		M3 40-49	20			00:23:48		01:18:08.60	01:41:57.35	+00:33:26 (42.8%)	10:25	5.8 (57.4%)
101	NIEWCZAS Tomasz	937	DZIKA SIGMA	M3 40-49	21		Dzika Sigma	00:09:30		01:18:08.70	01:27:39.25	+00:33:26 (42.8%)	10:25	5.8 (57.4%)
102	WIERBIL Dominik	546		M2 30-39	45			00:07:56		01:18:27.75	01:26:24.15	+00:33:45 (43.0%)	10:27	5.7 (56.4%)
103	KOMAKOWSKA Sylwia	413	PAN WĄSKI I JEGO MAFIA	K3 40-49	3		Pan Wąski i Jego Mafia	00:48:19		01:18:50.25	02:07:09.50	+00:34:08 (43.3%)	10:30	5.7 (56.4%)
104	GRYGORCEWICZ Emilia	541	POLE DANCE JUNGLE	K1 16-29	3		Pole Dance Jungle	01:39:21		01:18:51.05	02:58:12.50	+00:34:09 (43.3%)	10:30	5.7 (56.4%)
105	ODRZYWOLSKI Michał	714	OŻW SZCZECIN	M2 30-39	46	OŻW Szczecin	OŻW Szczecin	01:38:10		01:18:54.00	02:57:04.45	+00:34:11 (43.3%)	10:31	5.7 (56.4%)
106	JĘDRZEJEK Dariusz	791		M2 30-39	47			00:07:50		01:18:56.00	01:26:46.65	+00:34:13 (43.4%)	10:31	5.7 (56.4%)
107	BRZOZOWSKA Mirela	567		K1 16-29	4			00:07:38		01:18:56.20	01:26:34.35	+00:34:14 (43.4%)	10:31	5.7 (56.4%)
108	RAKOCZY Bartosz	995	DZIKIE DZIKI GORZÓW	M2 30-39	48		DZIKIE DZIKI GORZÓW	00:33:16		01:18:58.80	01:52:15.10	+00:34:16 (43.4%)	10:31	5.7 (56.4%)
109	STASZKIEWICZ Mateusz	609		M1 16-29	21			00:34:51		01:19:17.85	01:54:09.45	+00:34:35 (43.6%)	10:34	5.7 (56.4%)
110	KNIOŁA Łukasz	603	PIŁA TEAM	M3 40-49	22			00:14:31		01:19:21.15	01:33:52.65	+00:34:39 (43.7%)	10:34	5.7 (56.4%)
111	KNIOŁA Agnieszka	606	PIŁA TEAM	K2 30-39	7			00:14:28		01:19:23.95	01:33:52.80	+00:34:41 (43.7%)	10:35	5.7 (56.4%)
112	TROJANOWSKA-BARAN Aleksandra	715		K1 16-29	5	OŻW Szczecin	OŻW Szczecin	01:37:54		01:19:38.35	02:57:33.15	+00:34:56 (43.9%)	10:37	5.6 (55.4%)
113	RYBA Paweł	460		M3 40-49	23			00:08:57		01:19:44.30	01:28:41.80	+00:35:02 (43.9%)	10:37	5.6 (55.4%)
114	TKACZUK Bartosz	741		M1 16-29	22			00:08:02		01:19:46.70	01:27:48.90	+00:35:04 (44.0%)	10:38	5.6 (55.4%)
115	ZASADA Jarosław	409		M3 40-49	24			00:40:27		01:19:52.00	02:00:19.55	+00:35:09 (44.0%)	10:38	5.6 (55.4%)
116	ŻURAWSKI Marcin	549	KSF	M2 30-39	49			00:25:15		01:20:19.00	01:45:34.15	+00:35:36 (44.3%)	10:42	5.6 (55.4%)
117	KRZESIŃSKA Katarzyna	814	BOHAR PALETY RUNNERS	K2 30-39	8			00:05:06		01:20:21.25	01:25:27.80	+00:35:39 (44.4%)	10:42	5.6 (55.4%)
118	WANTUCH Marzena	917	DZIKI WEEKEND	K2 30-39	9			00:03:12		01:20:26.00	01:23:38.95	+00:35:43 (44.4%)	10:43	5.6 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
119	SOBAŃSKA Karolina	916	SKB DZIK	K2 30-39	10	12 BZ Szczecin		00:03:09		01:20:29.85	01:23:39.45	+00:35:47 (44.5%)	10:44	5.6 (55.4%)
120	HINDZIUK Artsiom	936	DZIKA SIGMA	M2 30-39	50		Dzika Sigma	00:09:18		01:20:31.65	01:29:50.05	+00:35:49 (44.5%)	10:44	5.6 (55.4%)
121	WEBER Patryk	566		M2 30-39	51			00:07:34		01:20:44.50	01:28:18.75	+00:36:02 (44.6%)	10:45	5.6 (55.4%)
122	DZIURŁAJ Rafał	578		M2 30-39	52			00:35:10		01:20:46.80	01:55:57.00	+00:36:04 (44.7%)	10:46	5.6 (55.4%)
123	WILK Anna	1121		K1 16-29	6			01:55:54		01:20:47.80	03:16:42.75	+00:36:05 (44.7%)	10:46	5.6 (55.4%)
124	NEJMAN Marcin	933	HAWAJSKIE REKINY	M1 16-29	23			00:47:58		01:20:54.55	02:08:52.75	+00:36:12 (44.8%)	10:47	5.6 (55.4%)
125	DORAWA-ZIOMEK Anna	622	DZIKIE ŻÓŁWIE	K2 30-39	11			00:45:19		01:21:14.15	02:06:33.95	+00:36:32 (45.0%)	10:49	5.5 (54.5%)
126	PEDZIWIATR Marek	717		M3 40-49	25			00:02:38		01:21:16.50	01:23:54.65	+00:36:34 (45.0%)	10:50	5.5 (54.5%)
127	ROMANOWICZ Monika	623	DZIKIE ŻÓŁWIE	K2 30-39	12		Dziki Żółwie	00:45:15		01:21:18.70	02:06:34.15	+00:36:36 (45.0%)	10:50	5.5 (54.5%)
128	ZIELINSKI Arkadiusz	899		M2 30-39	53			02:45:06		01:21:39.35	04:06:45.80	+00:36:57 (45.3%)	10:53	5.5 (54.5%)
128	ZIELIŃSKI Bartosz	900		M2 30-39	53			02:45:06		01:21:39.35	04:06:46.10	+00:36:57 (45.3%)	10:53	5.5 (54.5%)
130	MEUSIAK Rafał	720		M2 30-39	55			01:04:02		01:21:41.70	02:25:43.75	+00:36:59 (45.3%)	10:53	5.5 (54.5%)
131	GAŚSIOROWSKI Mariusz	898	MOCZYMORDY CHOCIWEL	M3 40-49	26			02:45:03		01:21:41.90	04:06:45.30	+00:36:59 (45.3%)	10:53	5.5 (54.5%)
132	LISOWSKI Krzysztof	895	TKKF CHOCIWEL	M2 30-39	56			02:44:58		01:21:47.30	04:06:45.55	+00:37:05 (45.3%)	10:54	5.5 (54.5%)
133	ŚWIĄTEK Bronisław	624	TUP TUP RAZEM	M5 60+	2			00:34:48		01:21:47.45	01:56:35.80	+00:37:05 (45.3%)	10:54	5.5 (54.5%)
134	TOMCZAK Joanna	897	DIRTY SPARROWS	K2 30-39	13			00:05:24		01:21:52.20	01:27:16.65	+00:37:10 (45.4%)	10:54	5.5 (54.5%)
135	KUŚ Maciej	1240	STRALCO	M2 30-39	57			00:35:05		01:21:57.65	01:57:03.50	+00:37:15 (45.5%)	10:55	5.5 (54.5%)
136	KRZESIŃSKI Damian	815		M2 30-39	58			00:05:09		01:22:00.10	01:27:10.00	+00:37:18 (45.5%)	10:56	5.5 (54.5%)
137	KOMAKOWSKI Sylwester	412	PAN WĄSKI I JEGO MAFIA	M3 40-49	27		Pan Wąski i Jego Mafia	00:48:25		01:22:01.45	02:10:27.40	+00:37:19 (45.5%)	10:56	5.5 (54.5%)
138	ŚLUSARCZYK Piotr	568		M2 30-39	59			00:45:53		01:22:19.55	02:08:13.05	+00:37:37 (45.7%)	10:58	5.5 (54.5%)
139	PŁOSA Arkadiusz	780		M3 40-49	28			01:08:26		01:22:32.05	02:30:58.95	+00:37:50 (45.8%)	11:00	5.5 (54.5%)
140	BIĄŁKO Artur	565	KLUB SPORTOWY FITNESS	M2 30-39	60		Klub Sportowy Fitness	00:27:27		01:22:32.65	01:49:59.85	+00:37:50 (45.8%)	11:00	5.5 (54.5%)
141	PAWŁOWSKI Karol	938	DZIKA SIGMA	M3 40-49	29		Dzika Sigma	00:09:35		01:22:34.25	01:32:09.95	+00:37:52 (45.9%)	11:00	5.5 (54.5%)
142	KAMIONKA Andrzej	724	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	61		Wieczne bieganie w Szczecinie ♥	00:01:17		01:22:39.45	01:23:57.15	+00:37:57 (45.9%)	11:01	5.4 (53.5%)
143	WÓJCIK Krzysztof	650	DĄBROWSKI TEAM	M2 30-39	62			00:23:01		01:22:45.15	01:45:46.85	+00:38:03 (46.0%)	11:02	5.4 (53.5%)
144	SYLDATK Patryk	1002		M1 16-29	24			00:35:22		01:22:49.00	01:58:11.35	+00:38:06 (46.0%)	11:02	5.4 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/ bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
145	PĘTECKI Damian	1235	HELL'S HEAVEN SZCZECIN	M2 30-39	63			00:14:54		01:22:52.60	01:37:47.00	+00:38:10 (46.1%)	11:03	5.4 (53.5%)
146	SALAUYOU Raman	939	DZIKA SIGMA	M1 16-29	25		Dzika Sigma	00:09:12		01:22:59.00	01:32:11.15	+00:38:16 (46.1%)	11:03	5.4 (53.5%)
147	RUTKOWSKI Konrad	529	RAGNAROK SZCZECIN	M2 30-39	64		Ragnarok Szczecin	00:04:35		01:22:59.60	01:27:34.80	+00:38:17 (46.1%)	11:03	5.4 (53.5%)
148	PALKA Jakub	1171		M2 30-39	65			00:36:42		01:23:09.15	01:59:51.70	+00:38:27 (46.2%)	11:05	5.4 (53.5%)
149	WITORZĘĆ Dariusz	710		M3 40-49	30			00:08:48		01:23:10.15	01:31:58.55	+00:38:28 (46.3%)	11:05	5.4 (53.5%)
150	ŁAWNICZAK Sebastian	845		M3 40-49	31			00:42:35		01:23:11.15	02:05:46.55	+00:38:29 (46.3%)	11:05	5.4 (53.5%)
151	BRZEZIŃSKI Radosław	1170		M2 30-39	66			00:36:38		01:23:12.95	01:59:51.75	+00:38:30 (46.3%)	11:05	5.4 (53.5%)
152	MURAWSKA Wioletta	1061	SKB DZIK	K4 50-59	1			00:39:32		01:23:36.55	02:03:09.45	+00:38:54 (46.5%)	11:08	5.4 (53.5%)
153	PODOLAK Julia	908		K1 16-29	7			01:34:27		01:23:43.90	02:58:10.95	+00:39:01 (46.6%)	11:09	5.4 (53.5%)
154	PODOLAK Mirosław	907		M3 40-49	32			01:34:24		01:23:47.50	02:58:11.75	+00:39:05 (46.7%)	11:10	5.4 (53.5%)
155	SZAJEK Artur	414	HULK TEAM POLICE	M3 40-49	33			01:18:36		01:23:58.30	02:42:34.70	+00:39:16 (46.8%)	11:11	5.4 (53.5%)
156	DYWELSKI Marcin	418	BRIDGESTONE STARGARD RUNNERS	M3 40-49	34		Bridgestone Stargard Runners	00:05:20		01:24:02.85	01:29:23.20	+00:39:20 (46.8%)	11:12	5.4 (53.5%)
157	PŁUCIENNIK Andrzej	847		M1 16-29	26			03:12:26		01:24:17.45	04:36:44.35	+00:39:35 (47.0%)	11:14	5.3 (52.5%)
158	PIOTROWSKA Małgorzata	848		K1 16-29	8			03:12:24		01:24:18.95	04:36:43.55	+00:39:36 (47.0%)	11:14	5.3 (52.5%)
159	STRZEMIŃSKI Bartłomiej	846		M1 16-29	27			03:12:22		01:24:20.80	04:36:43.15	+00:39:38 (47.0%)	11:14	5.3 (52.5%)
160	HALECZKO Mateusz	475	DZIKIE DZIKI GORZÓW	M2 30-39	67		DZIKIE DZIKI GORZÓW	00:15:14		01:24:20.85	01:39:35.20	+00:39:38 (47.0%)	11:14	5.3 (52.5%)
161	PETRUSIEWICZ Paweł	797		M1 16-29	28			00:10:40		01:24:24.65	01:35:05.00	+00:39:42 (47.0%)	11:15	5.3 (52.5%)
162	PAWLUŚ Tomasz	589	SSPS CHEMIK POLICE	M3 40-49	35			00:22:36		01:24:39.40	01:47:15.85	+00:39:57 (47.2%)	11:17	5.3 (52.5%)
163	ŻURAWSKA Ania	548		K2 30-39	14			00:25:10		01:24:45.05	01:49:55.85	+00:40:03 (47.3%)	11:18	5.3 (52.5%)
164	KOMSTA Beata	669	PAN WĄSKI I JEGO MAFIA	K3 40-49	4		Pan Wąski i Jego Mafia	00:48:38		01:25:11.70	02:13:49.95	+00:40:29 (47.5%)	11:21	5.3 (52.5%)
165	JANECZEK Rafał	466		M2 30-39	68			02:10:10		01:25:12.45	03:35:22.45	+00:40:30 (47.5%)	11:21	5.3 (52.5%)
166	BARTOSIEWICZ Adam	1119		M3 40-49	36			00:18:27		01:25:15.10	01:43:42.55	+00:40:33 (47.6%)	11:22	5.3 (52.5%)
167	WOLANSKA Anna	538	KSF	K2 30-39	15		Klub Sportowy Fitness	00:24:27		01:25:29.50	01:49:57.10	+00:40:47 (47.7%)	11:24	5.3 (52.5%)
168	BURDZIK Wojciech	975		M1 16-29	29			01:59:55		01:25:43.60	03:25:39.05	+00:41:01 (47.9%)	11:25	5.2 (51.5%)
169	SZKUTNIK Arkadiusz	974	MON	M4 50-59	6	2 Brygada Zmechanizowana Legionów		00:00:59		01:25:58.50	01:26:58.30	+00:41:16 (48.0%)	11:27	5.2 (51.5%)
170	KRUPIEŃCZYK Michał	667		M2 30-39	69			01:44:25		01:26:01.45	03:10:26.90	+00:41:19 (48.0%)	11:28	5.2 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/ bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
171	KRUPIEŃCZYK Joanna	587		K2 30-39	16			01:44:22		01:26:02.25	03:10:24.45	+00:41:20 (48.0%)	11:28	5.2 (51.5%)
172	SZULC Marcin	817		M2 30-39	70		OCR TEAM ZIELONA GÓRA	00:09:07		01:26:04.25	01:35:12.20	+00:41:22 (48.1%)	11:28	5.2 (51.5%)
173	SYCHEL Magdalena	719		K3 40-49	5			00:09:03		01:26:10.05	01:35:13.60	+00:41:28 (48.1%)	11:29	5.2 (51.5%)
174	KOWAL Tomasz	818		M3 40-49	37			01:43:26		01:26:13.45	03:09:39.65	+00:41:31 (48.2%)	11:29	5.2 (51.5%)
175	ZALEWSKI Jacek	1242		M4 50-59	7			00:10:14		01:26:19.90	01:36:34.55	+00:41:37 (48.2%)	11:30	5.2 (51.5%)
176	CIEŚLA Agnieszka	467		K2 30-39	17			01:19:59		01:26:34.65	02:46:34.00	+00:41:52 (48.4%)	11:32	5.2 (51.5%)
177	KOMSTA Rafał	668	PAN WĄSKI I JEGO MAFIA	M2 30-39	71		Pan Wąski i Jego Mafia	00:48:54		01:26:38.80	02:15:33.30	+00:41:56 (48.4%)	11:33	5.2 (51.5%)
178	SAMPŁAWSKA Joanna	563		K2 30-39	18			02:06:08		01:26:45.80	03:32:54.00	+00:42:03 (48.5%)	11:34	5.2 (51.5%)
179	ŚWIETLIK Alicja	1172		K4 50-59	2			01:04:05		01:26:51.55	02:30:57.35	+00:42:09 (48.5%)	11:34	5.2 (51.5%)
180	MILEWSKI Piotr	1244		M4 50-59	8			00:33:54		01:26:57.45	02:00:51.75	+00:42:15 (48.6%)	11:35	5.2 (51.5%)
181		1259						00:19:03		01:26:59.90	01:46:03.05	+00:42:17 (48.6%)	11:36	5.2 (51.5%)
182	NIEDBAŁA Łukasz	1245	EMELATHLETIC	M2 30-39	72			00:33:51		01:27:00.80	02:00:52.05	+00:42:18 (48.6%)	11:36	5.2 (51.5%)
183	FILIPOWICZ Klaudia	569		K1 16-29	9			00:18:56		01:27:04.20	01:46:00.35	+00:42:22 (48.7%)	11:36	5.2 (51.5%)
184	FILIPOWICZ Patrycja	570		K3 40-49	6			00:18:50		01:27:09.85	01:46:00.30	+00:42:27 (48.7%)	11:37	5.2 (51.5%)
185	NIKLAS Małgorzata	711	KSF	K2 30-39	19		Klub Sportowy Fitness	00:25:06		01:27:31.10	01:52:37.55	+00:42:49 (48.9%)	11:40	5.1 (50.5%)
186	MĄDRAWSKI Tomasz	680		M3 40-49	38			00:13:48		01:27:35.00	01:41:23.80	+00:42:52 (49.0%)	11:40	5.1 (50.5%)
187	CIEŻKI Mariusz	580	RAGNAROK SZCZECIN	M3 40-49	39		Ragnarok Szczecin	00:10:08		01:27:52.55	01:38:01.30	+00:43:10 (49.1%)	11:43	5.1 (50.5%)
188	PORAZIŃSKI Przemysław	806		M1 16-29	30			00:07:54		01:28:01.95	01:35:56.05	+00:43:19 (49.2%)	11:44	5.1 (50.5%)
189	HAWRYLAK Marcin	766	RAGNAROK SZCZECIN	M4 50-59	9		Ragnarok Szczecin	00:32:23		01:28:09.95	02:00:33.50	+00:43:27 (49.3%)	11:45	5.1 (50.5%)
190	PADUCH Piotr	905		M2 30-39	73			00:08:52		01:28:25.10	01:37:17.45	+00:43:43 (49.4%)	11:47	5.1 (50.5%)
191	SITEK Alfred	789		M3 40-49	40		Rodzinka&spółka	01:31:25		01:28:30.90	02:59:56.10	+00:43:48 (49.5%)	11:48	5.1 (50.5%)
192	PASZKO Daniel	872	WIECZORNE BIEGANIE SZCZECIN / KOMPAS TEAM POLICE	M3 40-49	41			00:09:40		01:29:26.80	01:39:07.15	+00:44:44 (50.0%)	11:55	5 (49.5%)
193	GANCKE Grzegorz	1005		M3 40-49	42			01:23:38		01:29:41.10	02:53:19.75	+00:44:59 (50.2%)	11:57	5 (49.5%)
194	NOWAK Marta	1064		K2 30-39	20			00:31:57		01:29:51.50	02:01:48.80	+00:45:09 (50.3%)	11:58	5 (49.5%)
195	BĄCIK Aneta	545		K3 40-49	7			01:21:25		01:30:05.65	02:51:30.95	+00:45:23 (50.4%)	12:00	5 (49.5%)
196	BĄCIK Artur	547		M3 40-49	43			01:21:21		01:30:12.15	02:51:33.55	+00:45:30 (50.4%)	12:01	5 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/ bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
197	MRÓZ Tomek	698		M3 40-49	44			00:57:50		01:30:21.80	02:28:11.85	+00:45:39 (50.5%)	12:02	5 (49.5%)
198	SZUFRANOWICZ Mirosław	1237	ELITARNY KLUB BIEGACZA POWOLNI Z NADWAGĄ	M3 40-49	45			01:08:56		01:30:54.80	02:39:51.45	+00:46:12 (50.8%)	12:07	4.9 (48.5%)
199	ADAMSKA Barbara	957	VO2 MAX TEAM	K1 16-29	10		Vo2 Max Team	01:08:54		01:30:58.05	02:39:52.10	+00:46:16 (50.9%)	12:07	4.9 (48.5%)
200	POSZUMSKA Gabriela	903		K1 16-29	11			01:26:30		01:31:26.55	02:57:57.50	+00:46:44 (51.1%)	12:11	4.9 (48.5%)
201	PIEKARSKI Kamil	610		M2 30-39	74			02:28:16		01:31:33.20	03:59:50.15	+00:46:51 (51.2%)	12:12	4.9 (48.5%)
202	KRZEMIEŃ Patrycja	627		K2 30-39	21			01:14:54		01:31:33.55	02:46:28.05	+00:46:51 (51.2%)	12:12	4.9 (48.5%)
203	LEWANDOWSKA Anna	747	HELL'S HEAVEN SZCZECIN	K3 40-49	8		Hell's Heaven Szczecin	00:21:12		01:31:42.45	01:52:54.85	+00:47:00 (51.3%)	12:13	4.9 (48.5%)
204	BEDNAREK Natalia	963	DECATHLON PIŁA	K1 16-29	12			00:16:47		01:31:45.50	01:48:33.15	+00:47:03 (51.3%)	12:14	4.9 (48.5%)
205	ŻYLUK-GADOWSKA Paulina	754	NIE PROWOKUJ LOCHY MIERZYN	K2 30-39	22		Nie prowokuj Lochy Mierzyn	02:52:36		01:31:55.65	04:24:32.50	+00:47:13 (51.4%)	12:15	4.9 (48.5%)
206	GADOWSKI Wojciech	753	NIE PROWOKUJ LOCHY MIERZYN	M2 30-39	75		Nie prowokuj Lochy Mierzyn	02:52:29		01:32:02.75	04:24:32.65	+00:47:20 (51.4%)	12:16	4.9 (48.5%)
207	DUDKA Robert	902		M2 30-39	76			01:26:28		01:32:04.45	02:58:32.50	+00:47:22 (51.5%)	12:16	4.9 (48.5%)
208	WÓJCICKA Anna	440	HELL'S HEAVEN SZCZECIN	K2 30-39	23		Hell's Heaven Szczecin	00:20:47		01:32:07.65	01:52:54.90	+00:47:25 (51.5%)	12:16	4.9 (48.5%)
209	BRZESKA Ewa	998	HELL'S HEAVEN SZCZECIN	K1 16-29	13			00:20:42		01:32:12.40	01:52:54.95	+00:47:30 (51.5%)	12:17	4.9 (48.5%)
210	ŁEMPKOWSKA Beata	980	DLL PARTNERS	K3 40-49	9		DLL Partners	01:30:25		01:32:13.45	03:02:38.80	+00:47:31 (51.5%)	12:17	4.9 (48.5%)
211	ŁEMPKOWSKI Janusz	982	DLL PARTNERS	M3 40-49	46		DLL Partners	01:30:29		01:32:14.60	03:02:43.75	+00:47:32 (51.5%)	12:17	4.9 (48.5%)
212	BIELSKA Ola	703		K2 30-39	24			00:57:56		01:32:22.80	02:30:18.85	+00:47:40 (51.6%)	12:18	4.9 (48.5%)
213	POŁOCZAŃSKI Piotr	811	SZWAGRY BIEGAJĄ	M2 30-39	77			00:24:24		01:32:41.70	01:57:06.15	+00:47:59 (51.8%)	12:21	4.9 (48.5%)
214	KAMIŃSKA Adrianna	403	BBL POLICE	K2 30-39	25		BBL Police	00:58:16		01:32:42.45	02:30:58.75	+00:48:00 (51.8%)	12:21	4.9 (48.5%)
215	KUSTRA Paulina	843	BBL POLICE	K2 30-39	26		BBL Police	00:58:13		01:32:45.45	02:30:59.15	+00:48:03 (51.8%)	12:22	4.9 (48.5%)
216	KRZEMIŃSKI Paweł	967	EXT-WLF	M1 16-29	31		EXT-WLF	00:58:09		01:33:28.10	02:31:37.75	+00:48:46 (52.2%)	12:27	4.8 (47.5%)
217	MAŁECKA Anna	772		K3 40-49	10			00:53:12		01:33:29.35	02:26:41.80	+00:48:47 (52.2%)	12:27	4.8 (47.5%)
218	PTAK Daniel	477	LIFE4FIT	M2 30-39	78		Life4fit	02:12:27		01:33:31.60	03:45:59.30	+00:48:49 (52.2%)	12:28	4.8 (47.5%)
219	SZMYT Marcin	810	SZWAGRY BIEGAJĄ	M2 30-39	79			00:24:11		01:33:31.85	01:57:43.10	+00:48:49 (52.2%)	12:28	4.8 (47.5%)
220	PTAK Patrycja	476	LIFE4FIT	K2 30-39	27		Life4fit	02:12:24		01:33:34.25	03:45:58.85	+00:48:52 (52.2%)	12:28	4.8 (47.5%)
221	ZAWADZKI Andrzej	968	EXT-WLF	M1 16-29	32		EXT-WLF	00:58:01		01:33:36.30	02:31:37.65	+00:48:54 (52.2%)	12:28	4.8 (47.5%)
222	WOJTKOWIAK Rafał	999		M3 40-49	47			02:34:06		01:33:41.20	04:07:48.15	+00:48:59 (52.3%)	12:29	4.8 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
223	SZYMANSKI Rafal	557	BRIDGESTONE STARGARD RUNNERS	M2 30-39	80		Bridgestone Stargard Runners	01:12:07		01:33:48.45	02:45:56.40	+00:49:06 (52.3%)	12:30	4.8 (47.5%)
224	KORZENIAK Wojciech	800		M1 16-29	33			01:09:02		01:33:50.50	02:42:53.05	+00:49:08 (52.4%)	12:30	4.8 (47.5%)
225	MIKICIUK Natalia	799		K1 16-29	14			01:08:59		01:33:53.20	02:42:52.70	+00:49:11 (52.4%)	12:31	4.8 (47.5%)
226	DOMAGALSKI Sławomir	919	SKB DZIK	M3 40-49	48			00:36:06		01:33:57.35	02:10:04.30	+00:49:15 (52.4%)	12:31	4.8 (47.5%)
227	KWILIŃSKI Emil	993		M3 40-49	49			00:36:03		01:34:02.60	02:10:06.25	+00:49:20 (52.5%)	12:32	4.8 (47.5%)
228	BUBEŁA Tomasz	1073		M3 40-49	50			00:52:36		01:34:04.40	02:26:41.10	+00:49:22 (52.5%)	12:32	4.8 (47.5%)
229	PRABUCKA Weronika	1129	UKŁ ÓSEMKA POLICE	K1 16-29	15			00:10:03		01:34:08.65	01:44:11.75	+00:49:26 (52.5%)	12:33	4.8 (47.5%)
230	POST Marcin	864		M2 30-39	81			00:52:33		01:34:09.50	02:26:42.50	+00:49:27 (52.5%)	12:33	4.8 (47.5%)
231	SZAKOLA Pawel	862		M2 30-39	82			00:52:29		01:34:11.55	02:26:41.05	+00:49:29 (52.5%)	12:33	4.8 (47.5%)
232	TUZ Bartosz	882	TEAM SPIRIT NOWA SÓL	M2 30-39	83			00:37:12		01:34:14.10	02:11:26.65	+00:49:32 (52.6%)	12:33	4.8 (47.5%)
233	POST Mariola	865		K3 40-49	11			00:52:26		01:34:16.10	02:26:42.15	+00:49:34 (52.6%)	12:34	4.8 (47.5%)
234	ZYGIEL-SZAKOŁA Aneta	863		K2 30-39	28			00:52:22		01:34:19.55	02:26:41.80	+00:49:37 (52.6%)	12:34	4.8 (47.5%)
235	RADCZUK Karolina	1056	KOMPAS TEAM	K2 30-39	29		Kompas Team	01:16:26		01:34:21.75	02:50:48.05	+00:49:39 (52.6%)	12:34	4.8 (47.5%)
236	RADCZUK Mariusz	1075	KOMPAS TEAM	M3 40-49	51		Kompas Team	01:16:22		01:34:25.15	02:50:48.05	+00:49:43 (52.7%)	12:35	4.8 (47.5%)
237	ZDUNEK Piotr	1000		M2 30-39	84			03:09:58		01:34:35.25	04:44:33.75	+00:49:53 (52.7%)	12:36	4.8 (47.5%)
238	RÓŻYCKA Karina	462		K2 30-39	30			01:16:12		01:34:35.85	02:50:48.30	+00:49:53 (52.7%)	12:36	4.8 (47.5%)
239	TRUKAWKA Andrzej	750	DZIKI ZAKWAS	M2 30-39	85			03:09:55		01:34:36.50	04:44:31.95	+00:49:54 (52.8%)	12:36	4.8 (47.5%)
240	TUZ Gabriela	888	TEAM SPIRIT NOWA SÓL	K2 30-39	31			00:36:48		01:34:37.30	02:11:25.95	+00:49:55 (52.8%)	12:36	4.8 (47.5%)
241	KOWALKOWSKA Beata	913		K2 30-39	32			02:21:19		01:34:52.10	03:56:11.95	+00:50:10 (52.9%)	12:38	4.7 (46.5%)
242	HANKE Patryk	1243		M1 16-29	34		Decathlon	01:55:59		01:34:52.35	03:30:51.50	+00:50:10 (52.9%)	12:38	4.7 (46.5%)
243	SAJNÓG Anna	515		K2 30-39	33			02:21:16		01:34:56.80	03:56:12.80	+00:50:14 (52.9%)	12:39	4.7 (46.5%)
244	CZUBA Emilia	508		K2 30-39	34		DZIKIE ZOŁZY	00:49:25		01:34:58.80	02:24:24.35	+00:50:16 (52.9%)	12:39	4.7 (46.5%)
245	FIJAŁKOWSKI Karol	416		M3 40-49	52			01:13:47		01:35:16.20	02:49:03.25	+00:50:34 (53.1%)	12:42	4.7 (46.5%)
246	FIJAŁKOWSKA Agnieszka	417		K3 40-49	12			01:13:43		01:35:19.85	02:49:03.45	+00:50:37 (53.1%)	12:42	4.7 (46.5%)
247	SZCZEPAŃSKA Agata	540	KLUB SPORTOWY FITNESS	K1 16-29	16		Klub Sportowy Fitness	00:26:33		01:35:48.80	02:02:22.65	+00:51:06 (53.3%)	12:46	4.7 (46.5%)
248	JANUSZ-NADYBAŁ Agnieszka	539	KLUB SPORTOWY FITNESS	K3 40-49	13			00:26:29		01:35:53.05	02:02:22.85	+00:51:11 (53.4%)	12:47	4.7 (46.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
249	PŁOSAJ Kamila	442	HELL'S HEAVEN SZCZECIN	K2 30-39	35		Hell's Heaven Szczecin	00:21:59		01:35:54.50	01:57:53.75	+00:51:12 (53.4%)	12:47	4.7 (46.5%)
250	PŁOSAJ Przemysław	441	HELL'S HEAVEN SZCZECIN	M2 30-39	86		Hell's Heaven Szczecin	00:21:53		01:36:01.25	01:57:54.80	+00:51:19 (53.4%)	12:48	4.7 (46.5%)
251	ZEMANKIEWICZ Łukasz	825	KANAŁ 6 AM	M2 30-39	87			00:08:42		01:36:03.85	01:44:46.20	+00:51:21 (53.5%)	12:48	4.7 (46.5%)
252	STECIUK Michał	1251		M1 16-29	35			00:17:24		01:36:04.35	01:53:28.35	+00:51:22 (53.5%)	12:48	4.7 (46.5%)
253	JEZIOREK Agnieszka	774		K3 40-49	14			00:40:10		01:36:05.85	02:16:16.45	+00:51:23 (53.5%)	12:48	4.7 (46.5%)
254	STOMA Kamil	1065		M2 30-39	88			01:53:51		01:36:06.95	03:29:58.20	+00:51:24 (53.5%)	12:48	4.7 (46.5%)
255	MIAZEK Paweł	1249		M1 16-29	36			00:17:20		01:36:08.45	01:53:29.10	+00:51:26 (53.5%)	12:49	4.7 (46.5%)
256	SIMONIDES Magdalena	411	PAN WĄSKI I JEJEGO MAFIA	K3 40-49	15		Pan Wąski i Jego Mafia	00:48:31		01:36:09.65	02:24:41.00	+00:51:27 (53.5%)	12:49	4.7 (46.5%)
257	ZIĘBA Tomasz	1066		M2 30-39	89			01:53:48		01:36:10.05	03:29:58.10	+00:51:28 (53.5%)	12:49	4.7 (46.5%)
258	MLECZEK Roman	775		M3 40-49	53			00:40:14		01:36:38.75	02:16:52.95	+00:51:56 (53.7%)	12:53	4.7 (46.5%)
259	WRZOCHOL Paweł	556	BRIDGESTONE STARGARD RUNNERS	M2 30-39	90		Bridgestone Stargard Runners	01:12:02		01:36:50.05	02:48:52.70	+00:52:08 (53.8%)	12:54	4.6 (45.5%)
260	MILANOWICZ Maciej	883	BRIDGESTONE STARGARD RUNNERS	M2 30-39	91		Bridgestone Stargard Runners	01:11:50		01:37:04.15	02:48:54.40	+00:52:22 (53.9%)	12:56	4.6 (45.5%)
261	ZABŁOCKI Paweł	1084	BRIDGESTONE RUNNERS	M2 30-39	92		Bridgestone Stargard Runners	01:11:57		01:37:08.45	02:49:06.20	+00:52:26 (54.0%)	12:57	4.6 (45.5%)
262	ROSIŃSKA Kamila	948	BRIDGESTONE STARGARD RUNNERS	K2 30-39	36			01:11:38		01:37:14.30	02:48:52.65	+00:52:32 (54.0%)	12:57	4.6 (45.5%)
263	GODEK Cezary	500		M2 30-39	93			00:23:42		01:38:03.75	02:01:46.70	+00:53:21 (54.4%)	13:04	4.6 (45.5%)
264	WOSIAK Paweł	419	FSD RUN DREZDENKO	M2 30-39	94			00:31:29		01:38:28.50	02:09:58.05	+00:53:46 (54.6%)	13:07	4.6 (45.5%)
265	ORLON Barbara	699	FSD RUN DREZDENKO	K4 50-59	3			00:31:22		01:38:32.40	02:09:54.85	+00:53:50 (54.6%)	13:08	4.6 (45.5%)
266	SAWICKI Bartosz	762	DZIKIE DZIKI GORZÓW	M1 16-29	37		DZIKIE DZIKI GORZÓW	00:15:30		01:39:00.70	01:54:31.35	+00:54:18 (54.9%)	13:12	4.5 (44.6%)
267	MURAWSKI Rafał	921	ŁOSOŚ TEAM	M3 40-49	54		ŁOSOŚ TEAM	00:46:27		01:39:01.90	02:25:29.20	+00:54:19 (54.9%)	13:12	4.5 (44.6%)
268	GŁOWACKI Grzegorz	461		M2 30-39	95			00:46:34		01:39:02.10	02:25:36.75	+00:54:20 (54.9%)	13:12	4.5 (44.6%)
269	TOMICZAK Marta	661		K3 40-49	16			00:41:01		01:39:02.50	02:20:03.50	+00:54:20 (54.9%)	13:12	4.5 (44.6%)
270	HNAT Rafał	616	DECATHLON PIŁA	M3 40-49	55	B4Sport	Wataha Walcz	00:17:10		01:39:03.35	01:56:14.30	+00:54:21 (54.9%)	13:12	4.5 (44.6%)
271	POŹNIAK Aleksandra	769	DZIKIE DZIKI GORZÓW	K2 30-39	37		DZIKIE DZIKI GORZÓW	00:15:18		01:39:13.15	01:54:31.35	+00:54:31 (54.9%)	13:13	4.5 (44.6%)
272	ZAKRZEWSKA Sylwia	700	FSD RUN DREZDENKO	K2 30-39	38			00:30:34		01:39:20.45	02:09:55.40	+00:54:38 (55.0%)	13:14	4.5 (44.6%)
273	JUSINSKA Anna	771		K3 40-49	17	21.BLT		00:30:32		01:39:30.30	02:10:02.30	+00:54:48 (55.1%)	13:16	4.5 (44.6%)
274	ULASS Patrycja	786		K1 16-29	17		Rodzinka&spółka	01:32:21		01:39:31.90	03:11:53.85	+00:54:49 (55.1%)	13:16	4.5 (44.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
275	DANILUK Małgorzata	809		K1 16-29	18		Rodzinka&spółka	01:32:18		01:39:35.30	03:11:53.60	+00:54:53 (55.1%)	13:16	4.5 (44.6%)
276	CZYŻEWSKI Mateusz	857	WKURW_TEAM	M2 30-39	96			00:47:02		01:39:35.75	02:26:38.50	+00:54:53 (55.1%)	13:16	4.5 (44.6%)
277	CZYŻEWSKA Mirosława	856	WKURW_TEAM	K2 30-39	39			00:46:55		01:39:41.90	02:26:37.15	+00:54:59 (55.2%)	13:17	4.5 (44.6%)
278	WOŁYŃSKI Dominik	1054		M2 30-39	97			01:31:12		01:39:46.90	03:10:59.70	+00:55:04 (55.2%)	13:18	4.5 (44.6%)
279	KOZŁOWSKA - PARUZEL Magdalena	470		K2 30-39	40			00:46:48		01:39:47.25	02:26:35.25	+00:55:05 (55.2%)	13:18	4.5 (44.6%)
280	PASIEKA Agnieszka	768	21. BAZA LOTNICTWA TAKTYCZNEGO	K2 30-39	41	21.BLT		00:30:07		01:39:54.00	02:10:01.55	+00:55:11 (55.3%)	13:19	4.5 (44.6%)
281	BACHORSKA Dorota	767	FITOSKI TEAM	K3 40-49	18			00:30:04		01:39:57.45	02:10:02.10	+00:55:15 (55.3%)	13:19	4.5 (44.6%)
282	LESZKIEWICZ Roman	471	CTF	M2 30-39	98			00:46:41		01:39:58.90	02:26:40.45	+00:55:16 (55.3%)	13:19	4.5 (44.6%)
283	ŚWIERCZ Dariusz	605	KPPSP WAŁCZ	M4 50-59	10			00:16:09		01:40:02.45	01:56:11.60	+00:55:20 (55.3%)	13:20	4.5 (44.6%)
284	TUMANOWICZ Tomasz	834		M3 40-49	56			00:10:23		01:40:04.10	01:50:28.00	+00:55:22 (55.3%)	13:20	4.5 (44.6%)
285	PCIONEK Jacek	833		M2 30-39	99			00:10:20		01:40:08.15	01:50:28.20	+00:55:26 (55.4%)	13:21	4.5 (44.6%)
286	DYDEK Dorota	1162	SKB DZIK	K4 50-59	4		SKB Dzik	01:19:53		01:40:21.50	03:00:15.35	+00:55:39 (55.5%)	13:22	4.5 (44.6%)
287	RAKOWSKI Piotr	860		M4 50-59	11			01:13:50		01:40:26.15	02:54:16.55	+00:55:44 (55.5%)	13:23	4.5 (44.6%)
288	MAŁECKI Sebastian	773		M2 30-39	100			00:53:08		01:40:37.65	02:33:45.70	+00:55:55 (55.6%)	13:24	4.5 (44.6%)
289	ZIÓŁKOWSKI Mieczysław	792		M4 50-59	12			00:08:35		01:40:38.50	01:49:14.15	+00:55:56 (55.6%)	13:25	4.5 (44.6%)
290	SKRZYPIEC Andrzej	701	BIEGACZE ŚWINOUJŚCIE	M5 60+	3			00:08:30		01:40:44.05	01:49:14.30	+00:56:02 (55.6%)	13:25	4.5 (44.6%)
291	ROSZAK Zbigniew	647	WATAHA ŁĄCZY NAS BIEGANIE	M2 30-39	101			00:08:25		01:40:48.65	01:49:13.85	+00:56:06 (55.7%)	13:26	4.5 (44.6%)
292	GRZYB Albert	645		M1 16-29	38			00:08:20		01:40:53.40	01:49:14.35	+00:56:11 (55.7%)	13:27	4.5 (44.6%)
293	KRUSZYNA Robert	761		M3 40-49	57			00:08:15		01:40:58.10	01:49:14.05	+00:56:16 (55.7%)	13:27	4.5 (44.6%)
294	KRUSZYNA Renata	760		K2 30-39	42			00:08:11		01:41:03.00	01:49:14.15	+00:56:20 (55.8%)	13:28	4.5 (44.6%)
295	LEWANDOWSKA Malgorzata	727	TG'SOKÓŁ GNIEWKOWO	K4 50-59	5			00:08:06		01:41:07.45	01:49:14.00	+00:56:25 (55.8%)	13:29	4.4 (43.6%)
296	BOCHENEK Jadwiga	854	AFRO-FIT WATAHA CROSSFIT	K2 30-39	43			00:41:20		01:41:33.70	02:22:54.65	+00:56:51 (56.0%)	13:32	4.4 (43.6%)
297	BOCHENEK Michał	853	AFRO-FIT WATAHA CROSSFIT	M2 30-39	102			00:41:15		01:41:39.20	02:22:54.35	+00:56:57 (56.0%)	13:33	4.4 (43.6%)
298	PIEPRZOWSKI Aleks	495		M1 16-29	39			01:09:43		01:41:51.10	02:51:35.00	+00:57:09 (56.1%)	13:34	4.4 (43.6%)
299	PIEPRZOWSKI Denis	494		M1 16-29	40			01:09:39		01:41:57.10	02:51:36.50	+00:57:15 (56.2%)	13:35	4.4 (43.6%)
300	SIDORCZUK Tomasz	929	KLUB BIEGAJĄCYCH LEŚNIKÓW	M3 40-49	58	Klub Biegających Leśników		01:23:28		01:42:03.30	03:05:31.90	+00:57:21 (56.2%)	13:36	4.4 (43.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
301	KRYCIA Patryk	552	RAGNAROK SZCZECIN	M1 16-29	41			00:18:20		01:42:33.70	02:00:54.45	+00:57:51 (56.4%)	13:40	4.4 (43.6%)
302	BIENIAS Emilia	947	RAGNAROK SZCZECIN	K1 16-29	19		Ragnarok Szczecin	00:18:14		01:42:40.00	02:00:54.95	+00:57:57 (56.5%)	13:41	4.4 (43.6%)
303	ŁYSEK Grzegorz	528		M2 30-39	103			00:05:42		01:42:47.50	01:48:29.80	+00:58:05 (56.5%)	13:42	4.4 (43.6%)
304	BUDZIŃSKA Dominika	551	RAGNAROK SZCZECIN	K1 16-29	20			00:18:04		01:42:50.00	02:00:54.45	+00:58:07 (56.5%)	13:42	4.4 (43.6%)
305	GRODZIŃSKI Arkadiusz	640	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M3 40-49	59			00:06:13		01:42:50.65	01:49:04.45	+00:58:08 (56.5%)	13:42	4.4 (43.6%)
306	ORMAN Michał	527		M1 16-29	42			00:05:38		01:42:53.80	01:48:32.75	+00:58:11 (56.6%)	13:43	4.4 (43.6%)
307	SUCHODOLSKA Aleksandra	638	DZIKIE ŻÓŁWIE	K2 30-39	44			00:44:16		01:43:28.10	02:27:44.15	+00:58:46 (56.8%)	13:47	4.3 (42.6%)
308	KŁYS Robert	829	WDŚ KMP	M3 40-49	60			02:06:53		01:43:29.35	03:50:22.65	+00:58:47 (56.8%)	13:47	4.3 (42.6%)
309	MUSKAŁA Beata	831	WDŚ KMP	K4 50-59	6			02:06:50		01:43:31.70	03:50:22.55	+00:58:49 (56.8%)	13:48	4.3 (42.6%)
310	LIPKA Radosław	830	WDŚ KMP	M2 30-39	104			02:06:48		01:43:34.45	03:50:22.65	+00:58:52 (56.8%)	13:48	4.3 (42.6%)
311	ZAKOŚCIELNA Katarzyna	626	DZIKIE ŻÓŁWIE	K2 30-39	45			00:44:07		01:43:36.60	02:27:44.45	+00:58:54 (56.9%)	13:48	4.3 (42.6%)
312	OLĘDZKI Michał	832	WDŚ KMP	M2 30-39	105			02:06:45		01:43:37.55	03:50:22.65	+00:58:55 (56.9%)	13:48	4.3 (42.6%)
313	LENCEWICZ Grzegorz	590	HUSARIA RACE TEAM SZCZECIN	M2 30-39	106			00:40:03		01:43:47.60	02:23:50.85	+00:59:05 (56.9%)	13:50	4.3 (42.6%)
314	GRALEWICZ Robert	600		M3 40-49	61			00:19:42		01:43:48.65	02:03:31.50	+00:59:06 (56.9%)	13:50	4.3 (42.6%)
315	GRALEWICZ Albert	601		M1 16-29	43			00:19:35		01:43:55.55	02:03:31.40	+00:59:13 (57.0%)	13:51	4.3 (42.6%)
316	GRALEWICZ Magdalena	599		K3 40-49	19			00:19:28		01:44:03.25	02:03:31.85	+00:59:21 (57.0%)	13:52	4.3 (42.6%)
317	STANKIEWICZ Grzegorz	519		M3 40-49	62			00:39:46		01:44:13.30	02:24:00.15	+00:59:31 (57.1%)	13:53	4.3 (42.6%)
318	NIEWADZIK Ula	932		K3 40-49	20			00:39:42		01:44:19.75	02:24:01.75	+00:59:37 (57.2%)	13:54	4.3 (42.6%)
319	KLEJNANS Agnieszka	572		K2 30-39	46			00:05:34		01:44:30.75	01:50:04.85	+00:59:48 (57.2%)	13:56	4.3 (42.6%)
320	GRYGORCEWICZ Jan	925	SKB DZIK	M4 50-59	13		SKB Dzik	01:09:35		01:44:38.35	02:54:13.35	+00:59:56 (57.3%)	13:57	4.3 (42.6%)
321	CUPRYJAK Sebastian	1115		M2 30-39	107			00:06:51		01:44:49.75	01:51:41.50	+01:00:07 (57.4%)	13:58	4.3 (42.6%)
322	PIEPRZOWSKA Sylwia	877		K3 40-49	21			01:09:22		01:44:51.80	02:54:13.95	+01:00:09 (57.4%)	13:58	4.3 (42.6%)
323	WOJCIECHOWSKA Maja	1116		K1 16-29	21			00:06:47		01:44:53.40	01:51:40.55	+01:00:11 (57.4%)	13:59	4.3 (42.6%)
324	NOWAK Aneta	683	NORDICOWELOVE POLICE	K3 40-49	22		NordicoweLove Police	01:09:18		01:44:55.10	02:54:13.55	+01:00:13 (57.4%)	13:59	4.3 (42.6%)
325	ŻARCZYŃSKI Błażej	1102	BIEGAM U KOLESI	M2 30-39	108			00:40:38		01:44:55.25	02:25:33.45	+01:00:13 (57.4%)	13:59	4.3 (42.6%)
326	KULEWSKA Joanna	1097	NORDICOWELOVE POLICE	K3 40-49	23			01:09:15		01:44:58.40	02:54:13.40	+01:00:16 (57.4%)	13:59	4.3 (42.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
327	SERKOWSKA Paulina	1101		K1 16-29	22			00:40:32		01:45:00.40	02:25:33.35	+01:00:18 (57.4%)	14:00	4.3 (42.6%)
328	GORCZYCA Mateusz	485		M2 30-39	109			00:49:49		01:45:01.25	02:34:51.05	+01:00:19 (57.4%)	14:00	4.3 (42.6%)
329	NAJMARK Małgorzata	695	NORDICOVE LOVE POLICE	K3 40-49	24		NordicoweLove Police	01:09:12		01:45:01.80	02:54:13.85	+01:00:19 (57.4%)	14:00	4.3 (42.6%)
330	NOWAK Zbigniew	926	KB DZIK	M5 60+	4			01:09:07		01:45:05.90	02:54:13.60	+01:00:23 (57.5%)	14:00	4.3 (42.6%)
331	STACH Sara	959		K1 16-29	23			01:32:14		01:45:10.95	03:17:25.20	+01:00:28 (57.5%)	14:01	4.3 (42.6%)
332	WALENT Marta	870		K2 30-39	47			00:49:36		01:45:11.35	02:34:48.00	+01:00:29 (57.5%)	14:01	4.3 (42.6%)
333	NOWOTNIK Wojciech	960		M2 30-39	110			01:32:10		01:45:11.90	03:17:22.45	+01:00:29 (57.5%)	14:01	4.3 (42.6%)
334	MACHOLA Bartłomiej	1114		M2 30-39	111			00:42:25		01:45:23.70	02:27:48.95	+01:00:41 (57.6%)	14:03	4.3 (42.6%)
335	BEDNARZ Katarzyna	702		K3 40-49	25			00:10:36		01:45:49.20	01:56:25.80	+01:01:07 (57.8%)	14:06	4.3 (42.6%)
336	ZARZECZAŃSKA-JANASIK Blanka	613		K2 30-39	48			00:10:28		01:45:51.20	01:56:19.30	+01:01:09 (57.8%)	14:06	4.3 (42.6%)
337	SAWICKA - WERS Urszula	707	SAR-BSR KOŁOBRZEG MARATON TEAM	K2 30-39	49			00:10:32		01:45:53.00	01:56:25.65	+01:01:10 (57.8%)	14:07	4.2 (41.6%)
338	LIASHENKO Liliia	752	TRIGYM	K1 16-29	24			00:50:22		01:46:29.45	02:36:52.05	+01:01:47 (58.0%)	14:12	4.2 (41.6%)
339	FĄFEREK Piotr	879		M2 30-39	112			00:50:17		01:46:35.30	02:36:53.05	+01:01:53 (58.1%)	14:12	4.2 (41.6%)
340	LEWANDOWSKI Jan	438		M3 40-49	63			00:19:08		01:46:38.70	02:05:47.30	+01:01:56 (58.1%)	14:13	4.2 (41.6%)
341	KRAWCZYK Paweł	649	OPONKI TEAM	M1 16-29	44			00:50:12		01:46:39.75	02:36:52.00	+01:01:57 (58.1%)	14:13	4.2 (41.6%)
342	RADZI Kamil	496		M2 30-39	113			00:50:03		01:46:48.75	02:36:52.15	+01:02:06 (58.2%)	14:14	4.2 (41.6%)
343	STASIUK Robert	867		M2 30-39	114			00:52:41		01:47:00.90	02:39:42.25	+01:02:18 (58.2%)	14:16	4.2 (41.6%)
344	SAKOWSKA-CARŁO Magda	802	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	50			01:53:13		01:47:06.80	03:40:19.95	+01:02:24 (58.3%)	14:16	4.2 (41.6%)
345	CARŁO Marcin	801	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49	64			01:53:10		01:47:12.45	03:40:22.80	+01:02:30 (58.3%)	14:17	4.2 (41.6%)
346	SZPINDA Magda	533	POLE DANCE JUNGLE	K2 30-39	51		Pole Dance Jungle	01:39:31		01:47:28.80	03:27:00.55	+01:02:46 (58.4%)	14:19	4.2 (41.6%)
347	MIELCZAREK-ŚWIĄDER Karolina	534		K2 30-39	52		Pole Dance Jungle	01:39:25		01:47:36.80	03:27:02.10	+01:02:54 (58.5%)	14:20	4.2 (41.6%)
348	BIEGANSKI Tomasz	876		M2 30-39	115			00:48:10		01:47:41.75	02:35:52.10	+01:02:59 (58.5%)	14:21	4.2 (41.6%)
349	WALBURG Tomasz	1247		M3 40-49	65			00:33:57		01:48:05.75	02:22:03.60	+01:03:23 (58.6%)	14:24	4.2 (41.6%)
350	PUFF Agata	987	DLL PARTNERS	K2 30-39	53			01:30:21		01:48:25.35	03:18:46.85	+01:03:43 (58.8%)	14:27	4.2 (41.6%)
351	BANAŚ Anna	981	DLL PARTNERS	K2 30-39	54		DLL Partners	01:30:18		01:48:28.85	03:18:46.95	+01:03:46 (58.8%)	14:27	4.1 (40.6%)
352	PIOTROWSKI Rafał	1248		M1 16-29	45			00:34:10		01:48:39.85	02:22:50.20	+01:03:57 (58.9%)	14:29	4.1 (40.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
353	LICHT Michał	1169	EATHLETIC TEAM	M2 30-39	116			00:34:04		01:48:41.40	02:22:46.35	+01:03:59 (58.9%)	14:29	4.1 (40.6%)
354	HALLMANN Adam	492		M1 16-29	46			01:39:38		01:48:43.10	03:28:21.45	+01:04:01 (58.9%)	14:29	4.1 (40.6%)
355	TRZMIELEWSKI Grzegorz	501		M2 30-39	117			01:37:14		01:48:44.25	03:25:58.60	+01:04:02 (58.9%)	14:29	4.1 (40.6%)
356	GAWROŃSKA Maja	1168	E MELATHLETIC TEAM	K1 16-29	25			00:34:01		01:48:44.75	02:22:46.30	+01:04:02 (58.9%)	14:30	4.1 (40.6%)
357	MAJCHER Małgorzata	597	PIŁA TEAM	K3 40-49	26			00:14:49		01:49:13.50	02:04:02.90	+01:04:31 (59.1%)	14:33	4.1 (40.6%)
358	WIŚNIEWSKA Sandra	1003		K1 16-29	26			00:35:26		01:49:22.70	02:24:49.45	+01:04:40 (59.1%)	14:35	4.1 (40.6%)
359	SYCH Zbigniew	839	KB KAMIEŃ POMORSKI	M3 40-49	66			00:17:49		01:49:33.75	02:07:23.05	+01:04:51 (59.2%)	14:36	4.1 (40.6%)
360	SYCH Małgorzata	838	KB KAMIEŃ POMORSKI	K3 40-49	27			00:17:36		01:49:46.85	02:07:23.00	+01:05:04 (59.3%)	14:38	4.1 (40.6%)
361	LEWANIAK Elżbieta	451		K3 40-49	28			02:14:06		01:50:00.40	04:04:06.95	+01:05:18 (59.4%)	14:40	4.1 (40.6%)
362	CAŁKA Barbara	914		K3 40-49	29			02:14:02		01:50:04.70	04:04:07.35	+01:05:22 (59.4%)	14:40	4.1 (40.6%)
363	SUSZA Małgorzata	643		K3 40-49	30			02:13:58		01:50:09.50	04:04:07.50	+01:05:27 (59.4%)	14:41	4.1 (40.6%)
364	ULASS Agnieszka	788		K3 40-49	31		Rodzinka&spółka	01:33:10		01:50:43.75	03:23:54.10	+01:06:01 (59.6%)	14:45	4.1 (40.6%)
365	ZIELIŃSKA Beata	571		K2 30-39	55			01:21:14		01:51:01.90	03:12:16.85	+01:06:19 (59.7%)	14:48	4.1 (40.6%)
366	GAJEWSKA Ewelina	1164		K2 30-39	56			01:21:28		01:51:09.20	03:12:37.65	+01:06:27 (59.8%)	14:49	4 (39.6%)
367	ULASS Robert	787		M3 40-49	67		Rodzinka&spółka	01:33:13		01:51:35.40	03:24:49.30	+01:06:53 (59.9%)	14:52	4 (39.6%)
368	TRYBUŁA Artur	555		M2 30-39	118			00:53:26		01:51:55.00	02:45:21.65	+01:07:12 (60.1%)	14:55	4 (39.6%)
369	NYKOŁAJCZUK Robert	558	BRIDGESTONE STARGARD RUNNERS	M3 40-49	68		Bridgestone Stargard Runners	01:11:45		01:51:55.90	03:03:41.65	+01:07:13 (60.1%)	14:55	4 (39.6%)
370	MILER Dominika	554		K2 30-39	57			00:53:22		01:51:57.95	02:45:20.20	+01:07:15 (60.1%)	14:55	4 (39.6%)
371	ŁUKASZEWSKA Katarzyna	560	BRIDGESTONE STARGARD RUNNERS	K2 30-39	58		Bridgestone Stargard Runners	01:11:41		01:52:00.50	03:03:42.30	+01:07:18 (60.1%)	14:56	4 (39.6%)
372	KOZŁOWSKA-BANIAK Paulina	949	BRIDGESTONE STARGARD RUNNERS	K3 40-49	32			01:11:35		01:52:06.50	03:03:41.55	+01:07:24 (60.1%)	14:56	4 (39.6%)
373	JAŚKIEWICZ Krzysztof	682	MSPORT	M3 40-49	69			01:04:48		01:52:44.90	02:57:33.45	+01:08:02 (60.4%)	15:02	4 (39.6%)
373	GUMIELA Adam	828	MELVITRUN	M2 30-39	119			01:04:41		01:52:44.90	02:57:26.15	+01:08:02 (60.4%)	15:02	4 (39.6%)
375	MAKOWSKA Marzena	535	POLE DANCE JUNGLE	K2 30-39	59		Pole Dance Jungle	01:39:35		01:52:46.50	03:32:21.50	+01:08:04 (60.4%)	15:02	4 (39.6%)
376	BUCHAJCZYK Marta	536	POLE DANCE JUNGLE	K2 30-39	60		Pole Dance Jungle	01:39:28		01:52:52.50	03:32:21.45	+01:08:10 (60.4%)	15:03	4 (39.6%)
377	DOBRYCKI Piotr	1133	BRIDGESTONE STARGARD RUNNERS	M3 40-49	70			01:10:36		01:53:04.40	03:03:41.05	+01:08:22 (60.5%)	15:04	4 (39.6%)
378	NANU Justyna	408	GRYFUS SZCZECIN	K2 30-39	61			00:11:09		01:53:20.50	02:04:29.55	+01:08:38 (60.6%)	15:06	4 (39.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/ bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
379	BLAHAK David	958	VO2 MAX TEAM	M1 16-29	47		Vo2 Max Team	01:04:52		01:53:20.80	02:58:13.05	+01:08:38 (60.6%)	15:06	4 (39.6%)
380	JACHIRA Krzysztof	562	GRYF TEAM	M2 30-39	120			01:04:45		01:53:25.95	02:58:11.15	+01:08:43 (60.6%)	15:07	4 (39.6%)
381	ZDRZENICKA Beata	423	KLUB SPORTOWY FITNESS	K3 40-49	33			00:26:11		01:53:36.40	02:19:47.45	+01:08:54 (60.7%)	15:08	4 (39.6%)
382	ARCZYŃSKI Jakub	808		M2 30-39	121			01:15:17		01:53:43.90	03:09:01.85	+01:09:01 (60.7%)	15:09	4 (39.6%)
383	TRZECIAK Piotr	807		M2 30-39	122			01:15:10		01:53:51.65	03:09:02.25	+01:09:09 (60.7%)	15:10	4 (39.6%)
384	GUZOWSKA Marta	537	KSF	K2 30-39	62			00:25:52		01:53:55.20	02:19:47.25	+01:09:13 (60.8%)	15:11	4 (39.6%)
385	NOWACZYK Ewa	524		K2 30-39	63			00:42:01		01:53:57.60	02:35:59.35	+01:09:15 (60.8%)	15:11	3.9 (38.6%)
386	MISIUK Marta	618		K2 30-39	64			01:10:23		01:54:01.20	03:04:25.00	+01:09:19 (60.8%)	15:12	3.9 (38.6%)
387	PIERZAKOWSKA Agnieszka	614	SZALONE MAMUŚKI	K2 30-39	65			01:10:19		01:54:05.50	03:04:25.10	+01:09:23 (60.8%)	15:12	3.9 (38.6%)
388	NOWACZYK Wojciech	523		M2 30-39	123			00:41:52		01:54:06.70	02:35:59.25	+01:09:24 (60.8%)	15:12	3.9 (38.6%)
389	WIELGUS-ULATOWSKA Joanna	942	HELL'S HEAVEN SZCZECIN	K2 30-39	66			00:21:49		01:54:17.70	02:16:07.35	+01:09:35 (60.9%)	15:14	3.9 (38.6%)
390	PRABUCKA Karolina	1127	UKL ÓSEMKA POLICE	K3 40-49	34			00:09:59		01:54:28.20	02:04:28.15	+01:09:46 (60.9%)	15:15	3.9 (38.6%)
391	PRABUCKI Jarosław	1128	UKL ÓSEMKA POLICE	M3 40-49	71			00:09:56		01:54:31.75	02:04:28.35	+01:09:49 (61.0%)	15:16	3.9 (38.6%)
392	KWAŚNA Katarzyna	425	KLUB SPORTOWY FITNESS	K3 40-49	35		Klub Sportowy Fitness	00:25:41		01:54:43.80	02:20:25.10	+01:10:01 (61.0%)	15:17	3.9 (38.6%)
393	KARPIŃSKI Łukasz	447		M2 30-39	124		Pędzące żółwie	02:03:12		01:54:45.05	03:57:57.55	+01:10:03 (61.0%)	15:18	3.9 (38.6%)
394	WIŚNIEWSKI Piotr	448		M3 40-49	72		Pędzące Żółwie	02:03:09		01:54:48.70	03:57:58.60	+01:10:06 (61.1%)	15:18	3.9 (38.6%)
395	WIŚNIEWSKA Aleksandra	446		K3 40-49	36		Pędzące Żółwie	02:03:07		01:54:51.35	03:57:58.60	+01:10:09 (61.1%)	15:18	3.9 (38.6%)
396	KARPIŃSKA Anita	445		K2 30-39	67		Pędzące żółwie	02:03:04		01:54:52.75	03:57:57.20	+01:10:10 (61.1%)	15:19	3.9 (38.6%)
397	DZIEDZINA Roksana	708	KLUB SPORTOWY FITNESS	K2 30-39	68		Klub Sportowy Fitness	00:26:07		01:54:57.40	02:21:04.75	+01:10:15 (61.1%)	15:19	3.9 (38.6%)
398	MATAJ Justyna	531		K1 16-29	27			00:35:37		01:56:17.75	02:31:54.80	+01:11:35 (61.6%)	15:30	3.9 (38.6%)
399	WALCZAK Dominika	550		K1 16-29	28			00:35:33		01:56:21.30	02:31:54.80	+01:11:39 (61.6%)	15:30	3.9 (38.6%)
400	CHARKOT Magda	514		K1 16-29	29			00:35:29		01:56:24.95	02:31:54.75	+01:11:42 (61.6%)	15:31	3.9 (38.6%)
401	STEMPNIAK Zbigniew	675	REBELS LEGION TEAM	M3 40-49	73			00:37:37		01:56:46.75	02:34:23.85	+01:12:04 (61.7%)	15:34	3.9 (38.6%)
402	STEMPNIAK Katarzyna	674	REBELS LEGION TEAM	K2 30-39	69			00:37:32		01:56:51.05	02:34:23.80	+01:12:09 (61.7%)	15:34	3.9 (38.6%)
403	BORODZIUK Magdalena	776	WOT	K3 40-49	37			00:59:32		01:56:54.55	02:56:26.60	+01:12:12 (61.8%)	15:35	3.8 (37.6%)
404	SCHMIDT Thomas	756	BRAUNSCHWEIG HASH HOUSE HARRIERS	M2 30-39	125			00:29:19		01:56:57.35	02:26:17.15	+01:12:15 (61.8%)	15:35	3.8 (37.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/ bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
405	MÜLLER Kathrin	757	BRAUNSCHWEIG HASH HOUSE HARRIERS	K4 50-59	7			00:29:15		01:56:59.15	02:26:14.60	+01:12:17 (61.8%)	15:35	3.8 (37.6%)
406	GEILICH Katja	733	BRAUNSCHWEIG HASH HOUSE HARRIERS	K2 30-39	70			00:29:06		01:57:20.80	02:26:27.75	+01:12:38 (61.9%)	15:38	3.8 (37.6%)
407	LÜCKOFF Marc Steffen	748	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	74			00:29:10		01:57:22.45	02:26:33.40	+01:12:40 (61.9%)	15:39	3.8 (37.6%)
408	KRÜGER Swen	736	BRAUNSCHWEIG HASH HOUSE HARRIERS	M1 16-29	48			00:28:38		01:57:24.90	02:26:03.35	+01:12:42 (61.9%)	15:39	3.8 (37.6%)
409	STOCK Heiko	743	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	75			00:28:53		01:57:25.30	02:26:19.25	+01:12:43 (61.9%)	15:39	3.8 (37.6%)
410	PATZKE Ingo	738	BRAUNSCHWEIG HAS HOUSE HARRIERS	M4 50-59	14			00:28:57		01:57:28.10	02:26:25.75	+01:12:46 (61.9%)	15:39	3.8 (37.6%)
411	LÜLLMANN Jörg	739	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	15			00:28:41		01:57:28.55	02:26:10.05	+01:12:46 (61.9%)	15:39	3.8 (37.6%)
412	GERLICH Kai	732	BRAUNSCHWEIG HASH HOUSE HARRIERS	M1 16-29	49		Braunschweig Hash House Harriers	00:29:01		01:57:28.75	02:26:30.60	+01:12:46 (61.9%)	15:39	3.8 (37.6%)
413	PITURA Mariusz	474		M2 30-39	126			02:10:06		01:57:29.65	04:07:36.05	+01:12:47 (62.0%)	15:40	3.8 (37.6%)
414	SCHULZE Stefan	745	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	16			00:28:35		01:57:31.80	02:26:07.25	+01:12:49 (62.0%)	15:40	3.8 (37.6%)
415	PATZKE Petra	737	BRAUNSCHWEIG HASH HOUSE HARRIERS	K4 50-59	8			00:28:45		01:57:36.00	02:26:21.20	+01:12:53 (62.0%)	15:40	3.8 (37.6%)
416	BOCK Agnieszka	728	BRAUNSCHWEIG HASH HOUSE HARRIERS	K2 30-39	71			00:28:29		01:57:36.10	02:26:05.55	+01:12:54 (62.0%)	15:40	3.8 (37.6%)
417	BOCK Udo	729	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	76			00:28:32		01:57:36.60	02:26:09.10	+01:12:54 (62.0%)	15:40	3.8 (37.6%)
418	GERLICH Klaus	734	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	17			00:28:22		01:57:42.05	02:26:04.30	+01:13:00 (62.0%)	15:41	3.8 (37.6%)
419	GERLICH Michael	759	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	18		Braunschweig Hash House Harriers	00:28:26		01:57:46.55	02:26:12.55	+01:13:04 (62.0%)	15:42	3.8 (37.6%)
420	PAŃSKA Beata	486		K4 50-59	9			01:26:34		01:57:53.60	03:24:27.85	+01:13:11 (62.1%)	15:43	3.8 (37.6%)
421	KOSMAL-BRZYCHCY Agnieszka	946		K3 40-49	38			00:41:44		01:58:10.80	02:39:54.95	+01:13:28 (62.2%)	15:45	3.8 (37.6%)
422	JAKUBOWSKA Angelika	564	MUSTANGI KOBYLANKA	K1 16-29	30			01:23:31		01:58:55.10	03:22:27.00	+01:14:13 (62.4%)	15:51	3.8 (37.6%)
423	KUCHARCZYK Paulina	782		K1 16-29	31			00:58:18		01:59:46.45	02:58:05.15	+01:15:04 (62.7%)	15:58	3.8 (37.6%)
424	SOWA Krzysztof	969		M2 30-39	127			00:45:47		02:00:21.85	02:46:09.00	+01:15:39 (62.9%)	16:02	3.7 (36.6%)
425	SZYMAŃSKI Piotr	777		M2 30-39	128			01:22:48		02:01:04.60	03:23:52.95	+01:16:22 (63.1%)	16:08	3.7 (36.6%)
426	GŁUSZYK Małgorzata	844		K2 30-39	72			01:18:18		02:01:08.90	03:19:27.70	+01:16:26 (63.1%)	16:09	3.7 (36.6%)
427	SZYPLOWSKI Dorian	778		M2 30-39	129			01:22:41		02:01:13.00	03:23:54.30	+01:16:30 (63.1%)	16:09	3.7 (36.6%)
428	PARYPA Hanna	849		K2 30-39	73			01:18:15		02:01:13.55	03:19:29.45	+01:16:31 (63.1%)	16:09	3.7 (36.6%)
429	KOZŁOWSKI Piotr	611	NIECH KTOŚ WEZWIE KARETKĘ	M2 30-39	130			01:22:51		02:01:24.25	03:24:16.15	+01:16:42 (63.2%)	16:11	3.7 (36.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/ bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
430	KOGUT Karol	723		M2 30-39	131			01:22:44		02:01:34.65	03:24:18.85	+01:16:52 (63.2%)	16:12	3.7 (36.6%)
431	KUCHARCZYK Elżbieta	763	RUN GRYP	K3 40-49	39		RunGryf	00:56:05		02:02:23.20	02:58:28.55	+01:17:41 (63.5%)	16:19	3.7 (36.6%)
432	WIŚNIEWSKI Wojciech	1071		M1 16-29	50			01:58:36		02:02:52.85	04:01:29.05	+01:18:10 (63.6%)	16:23	3.7 (36.6%)
433	GOWORSKI Jerzy	842	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	132			01:04:36		02:02:55.50	03:07:32.25	+01:18:13 (63.6%)	16:23	3.7 (36.6%)
434	KLIMEK Krzysztof	726		M3 40-49	77			02:01:42		02:03:10.05	04:04:52.95	+01:18:28 (63.7%)	16:25	3.7 (36.6%)
435	KAROLCZAK Magdalena	584	IHUHU TEAM	K3 40-49	40			00:47:36		02:03:40.85	02:51:17.40	+01:18:58 (63.9%)	16:29	3.6 (35.6%)
436	WIŚNIEWSKA Marta	585	IHUHU TEAM	K1 16-29	32		IHUHU Team	00:47:28		02:03:47.95	02:51:16.80	+01:19:05 (63.9%)	16:30	3.6 (35.6%)
437	KIERUJ Jakub	837	IHUHU TEAM	M1 16-29	51		IHUHU Team	00:47:22		02:03:54.60	02:51:16.95	+01:19:12 (63.9%)	16:31	3.6 (35.6%)
438	WOŹNIAK Rafał	582	IHUHU TEAM	M2 30-39	133		IHUHU Team	00:47:15		02:04:01.65	02:51:16.90	+01:19:19 (64.0%)	16:32	3.6 (35.6%)
439	WIŚNIEWSKI Mariusz	581	IHUHU TEAM	M2 30-39	134			00:47:09		02:04:07.80	02:51:16.90	+01:19:25 (64.0%)	16:32	3.6 (35.6%)
440	KASZA Dawid	511	MUSTANGI KOBYLANKA	M1 16-29	52			01:23:35		02:04:16.75	03:27:52.15	+01:19:34 (64.0%)	16:34	3.6 (35.6%)
441	STAŃCZYK Sławomir	906	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	135			01:14:46		02:04:48.95	03:19:35.85	+01:20:06 (64.2%)	16:38	3.6 (35.6%)
442	PARADZIŃSKI Dawid	770		M1 16-29	53			01:14:40		02:04:54.75	03:19:35.35	+01:20:12 (64.2%)	16:39	3.6 (35.6%)
443	WROŃSKI Julian	990	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	136			01:14:32		02:05:04.05	03:19:36.70	+01:20:22 (64.3%)	16:40	3.6 (35.6%)
444	JADRYCH Zbigniew	915		M3 40-49	78			01:14:24		02:05:12.40	03:19:36.55	+01:20:30 (64.3%)	16:41	3.6 (35.6%)
445	KUNIKOWSKI Patryk	671	STARGARD JA SIĘ NIE ŚCIGAM	M2 30-39	137			01:14:20		02:05:16.05	03:19:36.15	+01:20:34 (64.3%)	16:42	3.6 (35.6%)
446	KUNIKOWSKA Patrycja	672	STARGARD JA SIĘ NIE ŚCIGAM	K2 30-39	74			01:14:15		02:05:19.65	03:19:35.05	+01:20:37 (64.3%)	16:42	3.6 (35.6%)
447	CHENON Guillaume	796		M2 30-39	138			01:14:09		02:05:25.35	03:19:34.55	+01:20:43 (64.4%)	16:43	3.6 (35.6%)
448	CHROBOCIŃSKA Elżbieta	820		K4 50-59	10			02:05:40		02:06:49.45	04:12:29.80	+01:22:07 (64.8%)	16:54	3.5 (34.7%)
449	CHROBOCIŃSKI Daniel	819		M1 16-29	54			02:05:36		02:06:51.80	04:12:27.80	+01:22:09 (64.8%)	16:54	3.5 (34.7%)
450	SZYDŁOWSKA Alina	1077	DZIKIE ZOŁZY	K2 30-39	75		DZIKIE ZOŁZY	01:28:59		02:07:12.00	03:36:11.95	+01:22:29 (64.9%)	16:57	3.5 (34.7%)
451	MICHALIK Agnieszka	489	DZIKIE ZOŁZY	K2 30-39	76		DZIKIE ZOŁZY	01:28:56		02:07:15.00	03:36:11.70	+01:22:32 (64.9%)	16:58	3.5 (34.7%)
452	ROMAŃSKA Katarzyna	487	DZIKIE ZOŁZY	K2 30-39	77		DZIKIE ZOŁZY	01:28:54		02:07:17.65	03:36:11.80	+01:22:35 (64.9%)	16:58	3.5 (34.7%)
453	ŁÓJ Ania	488	DZIKIE ZOŁZY	K3 40-49	41		DZIKIE ZOŁZY	01:28:48		02:07:23.00	03:36:11.70	+01:22:40 (64.9%)	16:59	3.5 (34.7%)
454	ZIELIŃSKA-MACIĄG Agnieszka	1076	DZIKIE ZOŁZY	K3 40-49	42		DZIKIE ZOŁZY	01:28:45		02:07:25.95	03:36:11.65	+01:22:43 (64.9%)	16:59	3.5 (34.7%)
455	ANIELSKI Sławomir	894		M1 16-29	55			01:24:29		02:08:43.70	03:33:13.60	+01:24:01 (65.3%)	17:09	3.5 (34.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
456	SEŃ Agata	859		K2 30-39	78			01:24:26		02:08:44.95	03:33:11.85	+01:24:02 (65.3%)	17:10	3.5 (34.7%)
457	ANIELSKA Anna	893		K2 30-39	79			01:24:24		02:08:46.80	03:33:10.85	+01:24:04 (65.3%)	17:10	3.5 (34.7%)
458	OGRODZIŃSKI Przemysław	641		M2 30-39	139			00:36:29		02:08:51.40	02:45:20.75	+01:24:09 (65.3%)	17:10	3.5 (34.7%)
459	ŻOŁNACZ Radek	892		M2 30-39	140			01:24:17		02:08:53.25	03:33:10.75	+01:24:11 (65.3%)	17:11	3.5 (34.7%)
460	ANIELSKI Michał	858		M2 30-39	141			01:24:20		02:08:54.40	03:33:14.80	+01:24:12 (65.3%)	17:11	3.5 (34.7%)
461	KAROL Monika	794	LOSZKI I WARCHLAKI	K1 16-29	33		LOSZKI I WARCHLAKI	01:34:17		02:08:56.55	03:43:13.80	+01:24:14 (65.3%)	17:11	3.5 (34.7%)
462	KAROL Agnieszka	795	LOSZKI I WARCHLAKI	K3 40-49	43		LOSZKI I WARCHLAKI	01:34:14		02:08:58.95	03:43:13.50	+01:24:16 (65.3%)	17:11	3.5 (34.7%)
463	LEWANDOWSKI Janusz	866		M5 60+	5			00:06:08		02:08:59.05	02:15:07.40	+01:24:17 (65.3%)	17:11	3.5 (34.7%)
464	KAROL Sławomir	793	LOSZKI I WARCHLAKI	M4 50-59	19		LOSZKI I WARCHLAKI	01:34:10		02:09:02.85	03:43:13.50	+01:24:20 (65.4%)	17:12	3.5 (34.7%)
465	ELLMANN Filip	868	PIJANEGO MISTRZA STYL	M2 30-39	142			00:47:50		02:09:03.05	02:56:54.00	+01:24:21 (65.4%)	17:12	3.5 (34.7%)
466	HAŁAS Renata	704	SZYBCIEJ NIE MOGE	K4 50-59	11			00:06:03		02:09:03.55	02:15:07.10	+01:24:21 (65.4%)	17:12	3.5 (34.7%)
467	PIESYK Damian	1161	LOSZKI I WARCHLAKI	M2 30-39	143		LOSZKI I WARCHLAKI	01:34:07		02:09:06.35	03:43:13.60	+01:24:24 (65.4%)	17:12	3.5 (34.7%)
468	REBELKA Małgorzata	869		K1 16-29	34			00:47:43		02:09:08.50	02:56:52.15	+01:24:26 (65.4%)	17:13	3.5 (34.7%)
469	LINOWSKI Włodzimierz	989		M1 16-29	56			03:42:59		02:10:20.60	05:53:19.75	+01:25:38 (65.7%)	17:22	3.5 (34.7%)
470	NIEZGODA Adam	619	KOMPAS TEAM	M3 40-49	79		Kompas Team	02:17:23		02:10:20.95	04:27:44.15	+01:25:38 (65.7%)	17:22	3.5 (34.7%)
471	GŁADZIK Anna	401	KOMPAS TEAM	K2 30-39	80		Kompas Team	02:17:17		02:10:27.60	04:27:45.05	+01:25:45 (65.7%)	17:23	3.4 (33.7%)
472	KUPNIEWSKA Aleksandra	620	KOMPAS TEAM	K2 30-39	81		Kompas Team	02:17:12		02:10:31.50	04:27:44.15	+01:25:49 (65.8%)	17:24	3.4 (33.7%)
473	DROZDEK Joanna	608	KOMPAS TEAM	K3 40-49	44		Kompas Team	02:17:08		02:10:35.90	04:27:44.35	+01:25:53 (65.8%)	17:24	3.4 (33.7%)
474	MICHALSKA Karolina	588	KOMPAS TEAM	K1 16-29	35		Kompas Team	02:17:03		02:10:41.50	04:27:45.05	+01:25:59 (65.8%)	17:25	3.4 (33.7%)
475	KRAWIEC Mateusz	1145		M1 16-29	57			03:42:56		02:10:48.35	05:53:44.60	+01:26:06 (65.8%)	17:26	3.4 (33.7%)
476	URBANOWICZ Piotr	1143		M1 16-29	58			03:42:50		02:10:50.05	05:53:40.85	+01:26:08 (65.8%)	17:26	3.4 (33.7%)
477	LEWANDOWSKI Piotr	1154	SKB DZIK	M3 40-49	80		SKB Dzik	03:42:53		02:10:50.25	05:53:43.80	+01:26:08 (65.8%)	17:26	3.4 (33.7%)
478	BOBROWSKI Emanuel	1146		M1 16-29	59			03:42:48		02:10:52.10	05:53:40.35	+01:26:10 (65.8%)	17:26	3.4 (33.7%)
479	KOŁACZYŃSKA Monika	625		K3 40-49	45			00:15:49		02:10:52.80	02:26:42.40	+01:26:10 (65.8%)	17:27	3.4 (33.7%)
480	WIŚNIEWSKA Alicja	1175	SKB DZIK	K1 16-29	36		SKB Dzik	03:42:45		02:10:57.15	05:53:42.20	+01:26:15 (65.9%)	17:27	3.4 (33.7%)
481	MASYS Agnieszka	617	GRUPA MALBORK	K3 40-49	46			00:15:44		02:10:58.05	02:26:42.70	+01:26:16 (65.9%)	17:27	3.4 (33.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/ bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
482	LOBA Zuzanna	873	DZIK	K1 16-29	37			03:42:42		02:10:58.90	05:53:41.55	+01:26:16 (65.9%)	17:27	3.4 (33.7%)
483	KUŹMIŃSKA Weronika	696		K1 16-29	38			03:42:40		02:11:04.10	05:53:44.35	+01:26:22 (65.9%)	17:28	3.4 (33.7%)
484	SIEMIEŃCZYK Michał	1142		M1 16-29	60			03:42:37		02:11:05.05	05:53:42.20	+01:26:23 (65.9%)	17:28	3.4 (33.7%)
485	BOBROWSKA Maja	1141		K1 16-29	39			03:42:34		02:11:08.05	05:53:42.20	+01:26:26 (65.9%)	17:29	3.4 (33.7%)
486	LAMPKA Karolina	1167		K1 16-29	40			00:10:53		02:11:49.80	02:22:43.70	+01:27:07 (66.1%)	17:34	3.4 (33.7%)
487	LEDRO Barbara	1166		K1 16-29	41			00:10:44		02:11:57.10	02:22:41.40	+01:27:15 (66.1%)	17:35	3.4 (33.7%)
488	WIECZOREK Wojciech	654		M3 40-49	81			01:01:32		02:13:08.35	03:14:40.95	+01:28:26 (66.4%)	17:45	3.4 (33.7%)
489	WYSOCKI Marek	456		M3 40-49	82			01:01:27		02:13:12.75	03:14:40.40	+01:28:30 (66.4%)	17:45	3.4 (33.7%)
490	WYSOCKA Izabela	455		K3 40-49	47			01:01:23		02:13:18.00	03:14:41.45	+01:28:35 (66.5%)	17:46	3.4 (33.7%)
491	MISIASZEK Mirosław	1036		M4 50-59	20			01:01:19		02:13:21.75	03:14:40.85	+01:28:39 (66.5%)	17:46	3.4 (33.7%)
492	MISIASZEK Beata	1037		K4 50-59	12			01:01:14		02:13:26.05	03:14:40.95	+01:28:44 (66.5%)	17:47	3.4 (33.7%)
493	WIECZOREK Jakub	651		M1 16-29	61			01:01:10		02:13:29.60	03:14:40.25	+01:28:47 (66.5%)	17:48	3.4 (33.7%)
494	WIECZOREK Magdalena	656		K3 40-49	48			01:01:07		02:13:33.20	03:14:40.60	+01:28:51 (66.5%)	17:48	3.4 (33.7%)
495	GAC Krystian	507		M2 30-39	144			03:27:56		02:14:10.00	05:42:06.10	+01:29:27 (66.7%)	17:53	3.4 (33.7%)
496	WŁODARCZYK Anna	506		K1 16-29	42			03:27:51		02:14:15.85	05:42:06.85	+01:29:33 (66.7%)	17:54	3.4 (33.7%)
497	BUJEWICZ Amanda	505		K1 16-29	43			03:27:46		02:14:16.15	05:42:02.55	+01:29:34 (66.7%)	17:54	3.4 (33.7%)
498	ŚWIATŁY Magdalena	544	MAGDALENA ŚWIATŁY	K2 30-39	82			03:27:41		02:14:23.35	05:42:04.75	+01:29:41 (66.7%)	17:55	3.3 (32.7%)
499	BODNAR Zbigniew	652		M5 60+	6			00:46:03		02:14:44.50	03:00:48.20	+01:30:02 (66.8%)	17:58	3.3 (32.7%)
500	SOŁTYS Krzysztof	1122		M1 16-29	62		Decathlon	01:56:02		02:16:54.85	04:12:57.20	+01:32:12 (67.4%)	18:15	3.3 (32.7%)
501	JAKUBIK Anna	1241	HELL'S HEAVEN SZCZECIN	K1 16-29	44			00:22:30		02:17:21.20	02:39:51.75	+01:32:39 (67.5%)	18:18	3.3 (32.7%)
502	HAŁACZKIEWICZ Katarzyna	944		K3 40-49	49			00:22:28		02:17:23.20	02:39:51.35	+01:32:41 (67.5%)	18:19	3.3 (32.7%)
503	SZOPIŃSKA Kasia	1239	HELL'S HEAVEN SZCZECIN	K2 30-39	83			00:22:25		02:17:26.40	02:39:51.45	+01:32:44 (67.5%)	18:19	3.3 (32.7%)
504	KRUGLAK Anna	1236	HELL'S HEAVEN SZCZECIN	K3 40-49	50			00:22:21		02:17:30.00	02:39:51.75	+01:32:47 (67.5%)	18:20	3.3 (32.7%)
505	PITURA Piotr	465		M2 30-39	145			02:10:03		02:17:36.30	04:27:39.65	+01:32:54 (67.5%)	18:20	3.3 (32.7%)
506	SZLACHTEWICZ-PITURA Joanna	463		K3 40-49	51			02:09:59		02:17:40.25	04:27:39.55	+01:32:58 (67.5%)	18:21	3.3 (32.7%)
507	ZWYRBLIS KŁAPOUCH Wioletta	927		K3 40-49	52			00:05:02		02:18:09.90	02:23:12.15	+01:33:27 (67.6%)	18:25	3.3 (32.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
508	HAJDUKIEWICZ Anna	928		K3 40-49	53			00:04:58		02:18:15.20	02:23:13.35	+01:33:33 (67.7%)	18:26	3.3 (32.7%)
509	PIERŚCIŃSKA Marzena	920		K3 40-49	54			00:43:51		02:19:26.30	03:03:18.25	+01:34:44 (67.9%)	18:35	3.2 (31.7%)
510	DOBROWOLSKA Anna	1059		K2 30-39	84			00:43:45		02:19:31.75	03:03:17.60	+01:34:49 (68.0%)	18:36	3.2 (31.7%)
511	GÓRSKA Agnieszka	685	NORDICOWELOVE POLICE	K3 40-49	55		NordicoweLove Police	00:43:39		02:19:37.80	03:03:17.05	+01:34:55 (68.0%)	18:37	3.2 (31.7%)
512	RUBAJ Anna	684		K2 30-39	85			00:43:30		02:19:44.35	03:03:14.70	+01:35:02 (68.0%)	18:37	3.2 (31.7%)
513	TOMASZEWSKA Beata	851		K2 30-39	86			00:43:23		02:19:49.25	03:03:12.90	+01:35:07 (68.0%)	18:38	3.2 (31.7%)
514	PIĘTKA Grzegorz	655	HELL'S HEAVEN SZCZECIN	M3 40-49	83			00:19:58		02:19:53.15	02:39:52.05	+01:35:11 (68.0%)	18:39	3.2 (31.7%)
515	DZIECIOL Alina	1058		K2 30-39	87			00:43:17		02:19:58.25	03:03:15.55	+01:35:16 (68.1%)	18:39	3.2 (31.7%)
516	KONDELA Mikołaj	434	AKTYWNE CHOSZCZNO	M1 16-29	63			01:48:14		02:20:28.80	04:08:42.80	+01:35:46 (68.2%)	18:43	3.2 (31.7%)
517	KONDELA Paweł	612	OŻW SZCZECIN	M3 40-49	84		Oddział Żandarmerii Wojskowej w Szczecinie	01:48:11		02:20:29.55	04:08:41.40	+01:35:47 (68.2%)	18:44	3.2 (31.7%)
518		1022						01:48:08		02:20:32.50	04:08:41.20	+01:35:50 (68.2%)	18:44	3.2 (31.7%)
519	NASIADEK Arkadiusz	725		M3 40-49	85			01:48:05		02:20:34.85	04:08:40.75	+01:35:52 (68.2%)	18:44	3.2 (31.7%)
520	NASIADEK Izabella	433		K3 40-49	56			01:47:59		02:20:40.20	04:08:40.15	+01:35:58 (68.2%)	18:45	3.2 (31.7%)
521	NASIADEK Agnieszka	432		K1 16-29	45			01:48:02		02:20:40.25	04:08:42.90	+01:35:58 (68.2%)	18:45	3.2 (31.7%)
522	CHUDZIŃSKA Dorota	430		K3 40-49	57			01:47:51		02:20:46.00	04:08:37.25	+01:36:03 (68.2%)	18:46	3.2 (31.7%)
523	CHUDZIŃSKI Filip	429		M1 16-29	64			01:47:48		02:20:49.95	04:08:38.25	+01:36:07 (68.3%)	18:46	3.2 (31.7%)
524	CHUDZIŃSKI Bartosz	718		M3 40-49	86			01:47:45		02:20:51.05	04:08:36.20	+01:36:09 (68.3%)	18:46	3.2 (31.7%)
525	WASILEWSKI Andrzej	826		M3 40-49	87			01:19:14		02:23:34.00	03:42:48.65	+01:38:51 (68.9%)	19:08	3.1 (30.7%)
526	MAŁKOWSKA Ewa	878		K3 40-49	58			01:19:11		02:23:35.15	03:42:46.20	+01:38:53 (68.9%)	19:08	3.1 (30.7%)
527	GŁOWACKA Aleksandra	499		K3 40-49	59			01:19:06		02:23:40.40	03:42:46.95	+01:38:58 (68.9%)	19:09	3.1 (30.7%)
528	LEBIODA Alicja	880		K3 40-49	60			01:19:02		02:23:45.20	03:42:48.05	+01:39:03 (68.9%)	19:10	3.1 (30.7%)
529	PERROT Magdalena	688	WILKI Z CIECHOCINKA	K3 40-49	61			01:18:58		02:23:49.55	03:42:48.20	+01:39:07 (68.9%)	19:10	3.1 (30.7%)
530	ŁEBKOWSKI Karol	689		M3 40-49	88			01:18:43		02:24:03.15	03:42:46.70	+01:39:21 (69.0%)	19:12	3.1 (30.7%)
531	PUPEK Małgorzata	687	WILKI Z CIECHOCINKA	K2 30-39	88			01:18:40		02:24:05.45	03:42:45.90	+01:39:23 (69.0%)	19:12	3.1 (30.7%)
532	GORYŃSKA Daria	950		K1 16-29	46			00:01:57		02:24:46.30	02:26:43.70	+01:40:04 (69.1%)	19:18	3.1 (30.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas startu	Kara/ bonifikata	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
533	ADAM Kamila	972	DLL PARTNERS	K2 30-39	89		DLL Partners	01:30:37		02:25:22.40	03:56:00.20	+01:40:40 (69.3%)	19:23	3.1 (30.7%)
534	ZIELIŃSKA-RYŻ Katarzyna	970	DLL PARTNERS	K2 30-39	90			01:30:34		02:27:29.80	03:58:04.15	+01:42:47 (69.7%)	19:40	3.1 (30.7%)
535	STACHOWIAK Monika	992		K3 40-49	62		DLL Partners	01:30:42		02:27:33.85	03:58:16.50	+01:42:51 (69.7%)	19:40	3 (29.7%)
536	SZUBCZYŃSKI Marcin	984	DLL PARTNERS	M2 30-39	146		DLL Partners	01:30:45		02:27:34.40	03:58:19.80	+01:42:52 (69.7%)	19:40	3 (29.7%)
537	ŁATCZAK Katarzyna	437		K1 16-29	47			00:59:38		02:28:24.30	03:28:03.05	+01:43:42 (69.9%)	19:47	3 (29.7%)
538	RYCHEL Kinga	459		K2 30-39	91			00:59:43		02:28:25.10	03:28:08.70	+01:43:43 (69.9%)	19:47	3 (29.7%)
539	DĄBROWSKA Paulina	744		K1 16-29	48			00:59:34		02:28:28.70	03:28:03.50	+01:43:46 (69.9%)	19:47	3 (29.7%)
540	KIELISZEK Anna	824	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	92			01:34:49		02:32:43.10	04:07:32.70	+01:48:01 (70.7%)	20:21	2.9 (28.7%)
541	KRÓL Magdalena	922		K2 30-39	93			01:34:53		02:32:47.85	04:07:41.80	+01:48:05 (70.7%)	20:22	2.9 (28.7%)
542	BIAŁOWĄS Alicja	785		K2 30-39	94			01:20:38		02:38:02.45	03:58:41.40	+01:53:20 (71.7%)	21:04	2.8 (27.7%)
543	PUZIO Joanna	784		K2 30-39	95			01:20:35		02:38:08.20	03:58:43.55	+01:53:26 (71.7%)	21:05	2.8 (27.7%)
544	PUZIO Hanna	783		K2 30-39	96			01:20:30		02:38:12.05	03:58:42.85	+01:53:30 (71.7%)	21:05	2.8 (27.7%)
545	PŁAWSKI Łukasz	482		M2 30-39	147			00:00:00		03:19:04.25	03:19:04.25	+02:34:22 (77.5%)	26:32	2.3 (22.8%)
546	KARLIN- GRAŻEWICZ Katarzyna	516		K3 40-49	63			01:09:49						(0.0%)

Znaleziono 546 wynik(ów)