



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: Open M

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%)

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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	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%)
22	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%)
23	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%)
24	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%)
25	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%)
26	CIEŹKI 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%)
27	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%)
28	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%)
29	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%)
30	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%)
31	KĘDZIOR Jakub	607	DECATHLON PIŁA	M1 16-29	9		Wataha Walcz	00:16:37		01:03:06.00	01:19:43.70	+00:18:23 (29.2%)	8:24	7.1 (70.3%)
32	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%)
33	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%)
34	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%)
35	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%)
36	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%)
37	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%)
38	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%)
39	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%)
40	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%)
41	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%)

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42	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%)
43	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%)
44	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%)
45	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%)
46	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%)
47	MORGIEWICZ Piotr	962	RUNGRYF GRYFICE	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%)
48	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%)
49	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%)
50	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%)
51	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%)
52	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%)
53	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%)
54	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%)
55	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%)
56	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%)
57	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%)
58	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%)
59	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%)
60	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%)
61	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%)
62	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%)
63	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%)
64	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%)
65	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%)
66	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%)
67	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%)

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68	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%)
69	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%)
70	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%)
71	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%)
72	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%)
73	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%)
74	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%)
75	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%)
76	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%)
77	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%)
78	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%)
79	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%)
80	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%)
81	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%)
82	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%)
83	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%)
84	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%)
85	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%)
86	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%)
87	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%)
88	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%)
89	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%)
90	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%)
91	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%)
92	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%)

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	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%)
94	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%)
95	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%)
96	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%)
97	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%)
98	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%)
99	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%)
100	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%)
101	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%)
102	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%)
103	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%)
104	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%)
105	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%)
106	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%)
107	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%)
107	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%)
109	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%)
110	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%)
111	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%)
112	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%)
113	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%)
114	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%)
115	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%)
116	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%)
117	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%)
118	BIAŁKO 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%)

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	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%)
120	KAMIONKA Andrzej	724	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	61		Wieczorne 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%)
121	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%)
122	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%)
123	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%)
124	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%)
125	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%)
126	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%)
127	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%)
128	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%)
129	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%)
130	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%)
131	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%)
132	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%)
133	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%)
134	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%)
135	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%)
136	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%)
137	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%)
138	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%)
139	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%)
140	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%)
141	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%)
142	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%)
143	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%)

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
144	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%)
145	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%)
146	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%)
147	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%)
148	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%)
149	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%)
150	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%)
151	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%)
152	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%)
153	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%)
154	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%)
155	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%)
156	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%)
157	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%)
158	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%)
159	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%)
160	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%)
161	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%)
162	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%)
163	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%)
164	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%)
165	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%)
166	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%)
167	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%)
168	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%)
169	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
170	SZYMAŃSKI Rafał	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%)
171	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%)
172	DOMAGAŁSKI 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%)
173	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%)
174	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%)
175	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%)
176	SZAKOLA Paweł	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%)
177	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%)
178	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%)
179	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%)
180	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%)
181	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%)
182	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%)
183	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%)
184	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%)
185	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%)
186	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%)
187	MIĄZEK 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%)
188	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%)
189	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%)
190	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%)
191	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%)
192	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%)
193	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%)
194	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%)
195	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%)

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
196	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%)
197	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%)
198	HNAT Rafał	616	DECATHLON PIŁA	M3 40-49	55	B4Sport	Wataha Wałcz	00:17:10		01:39:03.35	01:56:14.30	+00:54:21 (54.9%)	13:12	4.5 (44.6%)
199	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%)
200	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%)
201	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%)
202	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%)
203	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%)
204	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%)
205	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%)
206	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%)
207	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%)
208	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%)
209	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%)
210	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%)
211	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%)
212	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%)
213	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%)
214	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%)
215	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%)
216	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%)
217	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%)
218	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%)
219	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%)
220	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%)
221	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%)

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
222	OLEŃDZKI 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%)
223	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%)
224	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%)
225	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%)
226	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%)
227	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%)
228	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%)
229	ŻARCZYŃSKI Błażej	1102	BIEGAM U KOLESİ	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%)
230	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%)
231	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%)
232	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%)
233	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%)
234	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%)
235	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%)
236	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%)
237	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%)
238	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%)
239	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%)
240	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%)
241	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%)
242	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%)
243	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%)
244	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%)
245	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%)
246	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%)
247	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%)

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
248	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%)
249	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%)
250	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%)
250	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%)
252	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%)
253	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%)
254	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%)
255	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%)
256	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%)
257	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%)
258	PRABUCKI Jarosław	1128	UKŁ 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%)
259	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%)
260	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%)
261	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%)
262	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%)
263	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%)
264	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%)
265	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%)
266	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%)
267	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%)
268	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%)
269	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%)
270	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%)
271	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%)
272	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%)

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
273	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%)
274	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%)
275	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%)
276	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%)
277	KOŻŁOWSKI 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%)
278	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%)
279	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%)
280	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%)
281	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%)
282	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%)
283	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%)
284	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%)
285	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%)
286	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%)
287	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%)
288	WRÓŃSKI 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%)
289	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%)
290	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%)
291	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%)
292	CHROBOCINSKI 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%)
293	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%)
294	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%)
295	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%)
296	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%)
297	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%)
298	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%)

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
299	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%)
300	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%)
301	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%)
302	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%)
303	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%)
304	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%)
305	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%)
306	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%)
307	SIEMIENCZYK 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%)
308	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%)
309	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%)
310	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%)
311	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%)
312	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%)
313	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%)
314	SOLTYŚ 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%)
315	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%)
316	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%)
317	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%)
318	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%)
319	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%)
320	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%)
321	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%)
322	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%)

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
323	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%)
324	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%)
325	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%)

Znaleziono 325 wynik(ów)