

FESTIWAL 3 DNI

B4SPORT
INTELEGENCIE ZAWODY SPORTOWE

Wydarzenie: DZIKI WEEKEND 2023
Organizator: Stowarzyszenie Klub Biegowy Dzik
Data: 2023-08-18
Miejsce: Police
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	PRZEKOPOWICZ Bartosz	199	WOJSKO POLSKIE	M30	1	00:23:05.00	00:46:00.00	00:58:04.00	02:07:09.00		5:39	10.6 (100%)
2	SZYPKOWSKI Marek	223	SPORT	M40	1	00:23:34.00	00:50:55.00	01:01:32.00	02:16:01.00	+00:08:52 (6.5%)	6:02	9.9 (93.4%)
3	KRYGOWSKI Mateusz	145	BEST BEASTS	M30	2	00:24:33.00	00:51:23.00	01:01:37.00	02:17:33.00	+00:10:24 (7.6%)	6:06	9.8 (92.5%)
4	DYDEK Edyta	255	SKB DZIK	K16	1	00:25:15.00	00:53:09.00	01:02:50.00	02:21:14.00	+00:14:05 (10.0%)	6:16	9.6 (90.6%)
5	PAPLICKI Michał	185	DZIKIE DZIKI GORZÓW	M40	2	00:24:07.00	00:50:39.00	01:07:14.00	02:22:00.00	+00:14:51 (10.5%)	6:18	9.5 (89.6%)
6	HOLYŃSKI Leszek	114	FIRE TEAM	M30	3	00:24:23.00	00:51:34.00	01:06:53.00	02:22:50.00	+00:15:41 (11.0%)	6:20	9.5 (89.6%)
7	GRABEK Maciej	105	DZIKIE DZIKI GORZÓW	M30	4	00:22:47.00	00:46:46.00	01:13:24.00	02:22:57.00	+00:15:48 (11.1%)	6:21	9.4 (88.7%)
8	RYCAK Bartosz	204	5PINZ	M30	5	00:25:01.00	00:51:28.00	01:06:52.00	02:23:21.00	+00:16:12 (11.3%)	6:22	9.4 (88.7%)
9	KACZOR Piotr	125	ZALATANI 1.BLTR	M16	1	00:26:31.00	00:57:47.00	00:59:16.00	02:23:34.00	+00:16:25 (11.4%)	6:22	9.4 (88.7%)
10	NIERZWICKI Grzegorz	176	GRUPA MALBORK	M40	3	00:25:47.00	00:58:54.00	01:03:51.00	02:28:32.00	+00:21:23 (14.4%)	6:36	9.1 (85.8%)
11	SAKOSIK Krystian	206	KOSAKŁUSOWNIK	M30	6	00:26:01.00	00:57:45.00	01:05:22.00	02:29:08.00	+00:21:59 (14.7%)	6:37	9.1 (85.8%)
12	WÓJCICKI Paweł	245	GRUPA MALBORK	M40	4	00:25:55.00	00:53:22.00	01:11:22.00	02:30:39.00	+00:23:30 (15.6%)	6:41	9 (84.9%)
13	WÓJCIK Maciej	246		M16	2	00:26:29.00	01:00:29.00	01:06:05.00	02:33:03.00	+00:25:54 (16.9%)	6:48	8.8 (83.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
14	PASIKOWSKI Kamil	257	SKB DZIK	M16	3	00:25:37.00	00:55:12.00	01:13:23.00	02:34:12.00	+00:27:03 (17.5%)	6:51	8.8 (83.0%)
15	SZULC Marcin	222	BOLI BOLI	M40	5	00:26:28.00	00:57:00.00	01:10:56.00	02:34:24.00	+00:27:15 (17.6%)	6:51	8.7 (82.1%)
16	CHMIELEWSKI Tomasz	81	VO2MAX RACING TEAM	M40	6	00:25:24.00	01:02:05.00	01:09:57.00	02:37:26.00	+00:30:17 (19.2%)	6:59	8.6 (81.1%)
17	SKOWROŃSKI Andrzej	212	GRUPA MALBORK	M30	7	00:26:36.00	01:01:02.00	01:09:59.00	02:37:37.00	+00:30:28 (19.3%)	7:00	8.6 (81.1%)
18	LOBA Jakub	158	SKB DZIK	Drużyna	1	00:27:46.00	00:57:02.00	01:13:04.00	02:37:52.00	+00:30:43 (19.5%)	7:00	8.6 (81.1%)
19	AUGUŚCIK Marcin	63	OPP SZCZECIN	M30	8	00:26:25.00	00:56:21.00	01:15:23.00	02:38:09.00	+00:31:00 (19.6%)	7:01	8.5 (80.2%)
20	GOŁĘBIEWSKI Tomasz	103	PSP SZCZECIN	M40	7	00:27:51.00	01:02:43.00	01:07:48.00	02:38:22.00	+00:31:13 (19.7%)	7:02	8.5 (80.2%)
21	DĘBICKI Jakub	88		M16	4	00:26:53.00	00:58:31.00	01:13:02.00	02:38:26.00	+00:31:17 (19.7%)	7:02	8.5 (80.2%)
22	BĘDKOWSKI Piotr	72	SWIM2TRI	M30	9	00:26:16.00	00:58:36.00	01:14:05.00	02:38:57.00	+00:31:48 (20.0%)	7:03	8.5 (80.2%)
23	NAPIERALSKI Krzysztof	175	DZIKIE DZIKI GORZÓW	M40	8	00:26:38.00	00:59:46.00	01:12:51.00	02:39:15.00	+00:32:06 (20.2%)	7:04	8.5 (80.2%)
24	GAWRYŚ Rafał	100		M16	5	00:27:19.00	01:00:42.00	01:12:24.00	02:40:25.00	+00:33:16 (20.7%)	7:07	8.4 (79.2%)
25	KNIAŻ Tomasz	131	HELL'S HEAVEN SZCZECIN	M40	9	00:27:41.00	01:01:04.00	01:11:58.00	02:40:43.00	+00:33:34 (20.9%)	7:08	8.4 (79.2%)
26	KĘDZIOR Jakub	258	WARRIORS ŁÓDŹ	M30	10	00:27:36.00	01:00:16.00	01:14:14.00	02:42:06.00	+00:34:57 (21.6%)	7:12	8.3 (78.3%)
27	SIKORSKI Adam	210	SIKORROVO	M30	11	00:27:15.00	00:58:11.00	01:16:45.00	02:42:11.00	+00:35:02 (21.6%)	7:12	8.3 (78.3%)
28	OSTOJSKI Ireneusz	183	DLL PARTNERS	M40	10	00:27:08.00	00:59:26.00	01:15:54.00	02:42:28.00	+00:35:19 (21.7%)	7:13	8.3 (78.3%)
29	ŁUKAWSKI Mariusz	160	8 PLOT KOSZALIN	M30	12	00:26:27.00	01:02:14.00	01:14:12.00	02:42:53.00	+00:35:44 (21.9%)	7:14	8.3 (78.3%)
30	ZELEK Dariusz	252		M40	11	00:26:49.00	00:59:13.00	01:16:59.00	02:43:01.00	+00:35:52 (22.0%)	7:14	8.3 (78.3%)
31	WOSZCZYK Sebastian	243	GRUPA MALBORK	M40	12	00:28:00.00	00:59:58.00	01:17:09.00	02:45:07.00	+00:37:58 (23.0%)	7:20	8.2 (77.4%)
32	PARADZIŃSKI Dawid	186		M16	6	00:27:35.00	01:00:17.00	01:17:27.00	02:45:19.00	+00:38:10 (23.1%)	7:20	8.2 (77.4%)
33	MARZEC Karolina	164	DZIKIE DZIKI GORZÓW	K40	1	00:30:00.00	00:59:54.00	01:16:19.00	02:46:13.00	+00:39:04 (23.5%)	7:23	8.1 (76.4%)
34	FURMANIAK Piotr	97	GRUPA MALBORK	M40	13	00:27:40.00	01:00:20.00	01:19:42.00	02:47:42.00	+00:40:33 (24.2%)	7:27	8.1 (76.4%)
35	LEŻYŃSKI Jarosław	157		M40	14	00:28:26.00	01:03:13.00	01:17:58.00	02:49:37.00	+00:42:28 (25.0%)	7:32	8 (75.5%)
36	SIEDLER Martin	259	MEDICAL CHURCH	M30	13	00:27:22.00	01:00:32.00	01:22:18.00	02:50:12.00	+00:43:03 (25.3%)	7:33	7.9 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
37	WOJDYŁA Michał	242	5PINZ	M40	15	00:28:52.00	01:05:24.00	01:17:11.00	02:51:27.00	+00:44:18 (25.8%)	7:37	7.9 (74.5%)
38	DYDEK Arkadiusz	262	SKB DZIK	M30	14	00:27:34.00	01:03:29.00	01:21:42.00	02:52:45.00	+00:45:36 (26.4%)	7:40	7.8 (73.6%)
39	KURPIEWSKA Agnieszka	85		K30	1	00:30:42.00	01:06:21.00	01:17:42.00	02:54:45.00	+00:47:36 (27.2%)	7:46	7.7 (72.6%)
40	KURPIEWSKI Piotr	153		M30	15	00:30:43.00	01:06:20.00	01:18:24.00	02:55:27.00	+00:48:18 (27.5%)	7:47	7.7 (72.6%)
41	STĘPNIAK Lesław	218	SKB DZIK	M40	16	00:29:57.00	01:04:52.00	01:21:51.00	02:56:40.00	+00:49:31 (28.0%)	7:51	7.6 (71.7%)
42	ANTOSIK Bartosz	62	NA PRZYPALE ALBO WCALE!!!	M40	17	00:25:44.00	00:54:08.00	01:37:15.00	02:57:07.00	+00:49:58 (28.2%)	7:52	7.6 (71.7%)
43	CZERWIŃSKI Paweł	84		M16	7	00:29:31.00	01:08:47.00	01:21:42.00	03:00:00.00	+00:52:51 (29.4%)	8:00	7.5 (70.8%)
44	POPCZYK Mriusz	193		M16	8	00:30:30.00	01:06:50.00	01:23:07.00	03:00:27.00	+00:53:18 (29.5%)	8:01	7.5 (70.8%)
45	MADRAK Anna	161	HULK TEAM POLICE	K40	2	00:31:37.00	01:06:39.00	01:25:52.00	03:04:08.00	+00:56:59 (30.9%)	8:11	7.3 (68.9%)
46	SADOWSKI Andrzej	205	ZALATANI 1.BLTR	M30	16	00:32:16.00	01:03:44.00	01:28:57.00	03:04:57.00	+00:57:48 (31.3%)	8:13	7.3 (68.9%)
47	CESAK Grzegorz	79	CENTRUM SZKOLENIA BOJOWEGO DRAWSKO	M30	17	00:32:23.00	01:01:09.00	01:31:42.00	03:05:14.00	+00:58:05 (31.4%)	8:13	7.3 (68.9%)
47	MURAWSKA Wioletta	174	SKB DZIK POLICE	K50	1	00:32:26.00	01:05:38.00	01:27:10.00	03:05:14.00	+00:58:05 (31.4%)	8:13	7.3 (68.9%)
49	DUBIEL Monika	93	HELL'S HEAVEN SZCZECIN	K40	3	00:31:28.00	01:11:04.00	01:22:43.00	03:05:15.00	+00:58:06 (31.4%)	8:14	7.3 (68.9%)
50	LEWANDOWSKA Anna	155	HELL'S HEAVEN SZCZECIN	K40	4	00:31:50.00	01:07:54.00	01:26:28.00	03:06:12.00	+00:59:03 (31.7%)	8:16	7.3 (68.9%)
51	KOZŁOWSKA Natalia	138	MJDOP	K30	2	00:33:12.00	01:13:39.00	01:22:51.00	03:09:42.00	+01:02:33 (33.0%)	8:25	7.1 (67.0%)
52	WEBER Mirela	234		K30	3	00:29:54.00	01:11:35.00	01:28:24.00	03:09:53.00	+01:02:44 (33.0%)	8:26	7.1 (67.0%)
53	KOZARZEWSKI Grzegorz	137	ZALATANI 1.BLTR	M30	18	00:37:35.00	01:03:45.00	01:29:19.00	03:10:39.00	+01:03:30 (33.3%)	8:28	7.1 (67.0%)
54	RUEFFRECK Adam	202	WOLF TEAM	M30	19	00:32:18.00	01:17:39.00	01:23:14.00	03:13:11.00	+01:06:02 (34.2%)	8:35	7 (66.0%)
55	KLEPACKI Bartosz	256		M40	18	00:30:55.00	01:09:28.00	01:34:46.00	03:15:09.00	+01:08:00 (34.8%)	8:40	6.9 (65.1%)
56	OKOLITA Mateusz	181	DZIKIE DZIKI GORZÓW	M30	20	00:29:08.00	01:09:47.00	01:36:32.00	03:15:27.00	+01:08:18 (34.9%)	8:41	6.9 (65.1%)
57	PATORA Piotr	188	EXTREME WOLF	M30	21	00:24:42.00	00:54:46.00	01:56:57.00	03:16:25.00	+01:09:16 (35.3%)	8:43	6.9 (65.1%)
58	WASILEWSKI Andrzej	233	WILKI Z CIECHOCINKA	M40	19	00:22:40.00	00:52:33.00	02:01:35.00	03:16:48.00	+01:09:39 (35.4%)	8:44	6.9 (65.1%)
59	GRALEWICZ Robert	106		M40	20	00:30:00.00	01:04:15.00	01:45:14.00	03:19:29.00	+01:12:20 (36.3%)	8:51	6.8 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
60	BARASIŃSKA Daria	65	ZALATANI 1.BLTR	K16	2	00:32:15.00	01:07:54.00	01:41:09.00	03:21:18.00	+01:14:09 (36.8%)	8:56	6.7 (63.2%)
61	MATUSIAK Mariusz	166		M40	21	00:28:20.00	01:05:25.00	01:48:06.00	03:21:51.00	+01:14:42 (37.0%)	8:58	6.7 (63.2%)
62	GŁOGOZA Piotr	102		M30	22	00:32:31.00	01:17:42.00	01:35:04.00	03:25:17.00	+01:18:08 (38.1%)	9:07	6.6 (62.3%)
63	POSZUMSKA Gabriela	194		K30	4	00:30:59.00	01:06:39.00	01:48:12.00	03:25:50.00	+01:18:41 (38.2%)	9:08	6.6 (62.3%)
64	DUDKA Robert	94		M30	23	00:31:52.00	01:05:58.00	01:48:21.00	03:26:11.00	+01:19:02 (38.3%)	9:09	6.5 (61.3%)
65	HAWRYLAK Marcin	110	14ZBOT/142BLP	M50	1	00:33:34.00	01:15:18.00	01:41:49.00	03:30:41.00	+01:23:32 (39.6%)	9:21	6.4 (60.4%)
66	BAK Tomasz	70	NA PRZYPALE ALBO WCALE!!!	M30	24	00:34:10.00	01:19:30.00	01:37:17.00	03:30:57.00	+01:23:48 (39.7%)	9:22	6.4 (60.4%)
67	CZYŻEWSKI Tomasz	86	TENET	M40	22	00:28:33.00	01:00:55.00	02:01:59.00	03:31:27.00	+01:24:18 (39.9%)	9:23	6.4 (60.4%)
68	OLEKSYK Patryk	182	LUBIE KANAPKI Z SEREM	M30	25	00:42:40.00	01:18:52.00	01:29:58.00	03:31:30.00	+01:24:21 (39.9%)	9:24	6.4 (60.4%)
69	FROLOV Artur	96	TENET	M30	26	00:36:54.00	01:23:16.00	01:32:45.00	03:32:55.00	+01:25:46 (40.3%)	9:27	6.3 (59.4%)
70	TRYSZCZ Tobiasz	227		M30	27	00:33:05.00	01:16:47.00	01:43:52.00	03:33:44.00	+01:26:35 (40.5%)	9:29	6.3 (59.4%)
71	DOBRYCKI Piotr	89	BRIDGESTONE STARGARD RUNNERS	M40	23	00:29:48.00	01:07:44.00	01:56:50.00	03:34:22.00	+01:27:13 (40.7%)	9:31	6.3 (59.4%)
72	DYDEK Dorota	260	SKB DZIK	K50	2	00:35:58.00	01:16:13.00	01:43:24.00	03:35:35.00	+01:28:26 (41.0%)	9:34	6.3 (59.4%)
73	BORMAN Tomasz	261	ANANASY Z 3 FAL	M30	28	00:32:40.00	01:08:06.00	01:55:09.00	03:35:55.00	+01:28:46 (41.1%)	9:35	6.3 (59.4%)
74	SAWICKI Bartosz	208	DZIKIE DZIKI GORZÓW	M30	29	00:33:56.00	01:09:35.00	01:52:33.00	03:36:04.00	+01:28:55 (41.2%)	9:36	6.2 (58.5%)
75	PONICHTERA Barbara	192	ZALATANI 1.BLTR	K40	5	00:38:21.00	01:16:18.00	01:41:42.00	03:36:21.00	+01:29:12 (41.2%)	9:36	6.2 (58.5%)
76	LEPPAK Małgorzata	154	CENTRUM SZKOLENIA BOJOWEGO DRAWSKO	K30	5	00:39:25.00	01:25:14.00	01:32:29.00	03:37:08.00	+01:29:59 (41.4%)	9:39	6.2 (58.5%)
77	WRÓBLEWSKI Tomasz	247		M40	24	00:30:31.00	01:06:42.00	02:00:04.00	03:37:17.00	+01:30:08 (41.5%)	9:39	6.2 (58.5%)
78	KRYGOWSKA Ilona	144	BEST BEASTS	K30	6	00:34:52.00	01:21:51.00	01:41:14.00	03:37:57.00	+01:30:48 (41.7%)	9:41	6.2 (58.5%)
79	SPÓLNIK Paweł	216	DZIKIE DZIKI GORZÓW	M30	30	00:33:57.00	01:13:17.00	01:52:00.00	03:39:14.00	+01:32:05 (42.0%)	9:44	6.2 (58.5%)
80	ŚWIĄTEK Bronisław	224	SAMOTNY WILK	M60+	1	00:32:31.00	01:21:03.00	01:45:41.00	03:39:15.00	+01:32:06 (42.0%)	9:44	6.2 (58.5%)
81	KIWILSKA Wojciech	128	IHUHU TEAM	M30	31	00:31:20.00	01:07:10.00	02:00:52.00	03:39:22.00	+01:32:13 (42.0%)	9:44	6.2 (58.5%)
82	WIECZOREK Jakub	238		M16	9	00:32:43.00	01:15:25.00	01:51:40.00	03:39:48.00	+01:32:39 (42.2%)	9:46	6.1 (57.5%)

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83	SUSZA Małgorzata	220		K40	6	00:32:44.00	01:09:22.00	01:57:49.00	03:39:55.00	+01:32:46 (42.2%)	9:46	6.1 (57.5%)
84	DZIEPAK Piotr	95	ZALATANI 1.BLTR	M40	25	00:38:13.00	01:22:46.00	01:41:06.00	03:42:05.00	+01:34:56 (42.7%)	9:52	6.1 (57.5%)
85	DORAWA-ZIOMEK Anna	91	DZIKIE ŻÓŁWIE	K30	7	00:34:44.00	01:19:45.00	01:47:48.00	03:42:17.00	+01:35:08 (42.8%)	9:52	6.1 (57.5%)
86	KUREK Hubert	150		M30	32	00:26:53.00	00:59:19.00	02:17:40.00	03:43:52.00	+01:36:43 (43.2%)	9:56	6 (56.6%)
87	CHENON Guillaume	80	WIECZORNE BIEGANIE W SZCZECINIE	M40	26	00:26:05.00	00:58:41.00	02:19:41.00	03:44:27.00	+01:37:18 (43.4%)	9:58	6 (56.6%)
88	NOWAK Piotr	178		M16	10	00:34:12.00	01:41:12.00	01:30:27.00	03:45:51.00	+01:38:42 (43.7%)	10:02	6 (56.6%)
89	DUBICKI Mikołaj	92	STARGARD JA SIĘ NIE ŚCIGAM	M16	11	00:37:42.00	01:07:08.00	02:01:08.00	03:45:58.00	+01:38:49 (43.7%)	10:02	6 (56.6%)
90	URBAN Ewelina	229	ANANASY Z 3 FAL	K30	8	00:32:40.00	01:18:15.00	01:55:10.00	03:46:05.00	+01:38:56 (43.8%)	10:02	6 (56.6%)
91	ZAKOŚCIELNA Katarzyna	248	DZIKIE ŻÓŁWIE	K30	9	00:35:16.00	01:24:40.00	01:50:56.00	03:50:52.00	+01:43:43 (44.9%)	10:15	5.8 (54.7%)
92	ANDRZEJCZYK Ewelina	61	ANANASY Z 3 FAL	K30	10	00:37:58.00	01:18:15.00	01:55:09.00	03:51:22.00	+01:44:13 (45.0%)	10:16	5.8 (54.7%)
93	KRASÓWKA Arkadiusz	139	TENET	M30	33	00:32:45.00	01:17:23.00	02:01:59.00	03:52:07.00	+01:44:58 (45.2%)	10:18	5.8 (54.7%)
94	GIETKO Piotr	101	MIĘTUSY	M40	27	00:31:16.00	01:11:54.00	02:09:15.00	03:52:25.00	+01:45:16 (45.3%)	10:19	5.8 (54.7%)
95	NOWAK-PIASECKA Dorota	180		K30	11	00:34:43.00	01:19:57.00	01:57:50.00	03:52:30.00	+01:45:21 (45.3%)	10:20	5.8 (54.7%)
96	MASYS Agnieszka	165	GRUPA MALBORK	K40	7	00:32:31.00	01:13:55.00	02:06:47.00	03:53:13.00	+01:46:04 (45.5%)	10:21	5.8 (54.7%)
97	ZAWADZKI Andrzej	251	TENET	M16	12	00:33:54.00	01:17:25.00	02:02:00.00	03:53:19.00	+01:46:10 (45.5%)	10:22	5.8 (54.7%)
98	KOLEJ Monika	132	DZIKIE DZIKI GORZOW	K40	8	00:40:34.00	01:29:12.00	01:43:46.00	03:53:32.00	+01:46:23 (45.6%)	10:22	5.8 (54.7%)
99	MROZIK Mariusz	173	DZIKIE DZIKI GORZÓW	M40	28	00:40:35.00	01:29:12.00	01:43:46.00	03:53:33.00	+01:46:24 (45.6%)	10:22	5.8 (54.7%)
100	JAWORSKI Dawid	121	KUTANG-KLAN	M30	34	00:30:41.00	01:12:17.00	02:10:53.00	03:53:51.00	+01:46:42 (45.6%)	10:23	5.8 (54.7%)
101	JADRYCH Zbigniew	117	STARGARD JA SIĘ NIE ŚCIGAM	M40	29	00:37:38.00	01:16:28.00	02:00:40.00	03:54:46.00	+01:47:37 (45.8%)	10:26	5.8 (54.7%)
102	SZEWCZYK Ludmiła	221	GRUPA MALBORK	K30	12	00:34:34.00	01:13:42.00	02:06:48.00	03:55:04.00	+01:47:55 (45.9%)	10:26	5.7 (53.8%)
103	PIEPRZYK Dorota	191		K30	13	00:37:40.00	01:16:16.00	02:01:10.00	03:55:06.00	+01:47:57 (45.9%)	10:26	5.7 (53.8%)
104	KUNIKOWSKA Patrycja	148	STARGARD	K30	14	00:37:39.00	01:16:29.00	02:01:01.00	03:55:09.00	+01:48:00 (45.9%)	10:27	5.7 (53.8%)
105	ŚWIERCZ Dariusz	225		M50	2	00:33:35.00	01:13:23.00	02:10:00.00	03:56:58.00	+01:49:49 (46.3%)	10:31	5.7 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
106	ZALEWSKI Sylwester	249	VO2MAX RACING TEAM	M40	30	00:37:34.00	01:25:16.00	01:55:40.00	03:58:30.00	+01:51:21 (46.7%)	10:36	5.7 (53.8%)
107	WIECZOREK Magdalena	235		K40	9	00:40:34.00	01:26:43.00	01:51:40.00	03:58:57.00	+01:51:48 (46.8%)	10:37	5.6 (52.8%)
108	WIECZOREK Wojciech	237		M40	31	00:40:50.00	01:26:42.00	01:51:40.00	03:59:12.00	+01:52:03 (46.8%)	10:37	5.6 (52.8%)
109	WOŹNIAK Rafał	244	IHUUH TEAM	M30	35	00:34:16.00	01:24:16.00	02:00:46.00	03:59:18.00	+01:52:09 (46.9%)	10:38	5.6 (52.8%)
110	PAWIŁOJĆ Hanna	189	KLUB-BUBA TEAM	K16	3	00:39:17.00	01:24:59.00	01:55:23.00	03:59:39.00	+01:52:30 (46.9%)	10:39	5.6 (52.8%)
111	PAWŁOWSKA Urszula	190	TRANING TANK	K30	15	00:36:46.00	01:17:39.00	02:09:59.00	04:04:24.00	+01:57:15 (48.0%)	10:51	5.5 (51.9%)
112	GRZYBEK Marta	109	KLUB-BUBA TEAM	K16	4	00:37:06.00	01:28:10.00	01:59:37.00	04:04:53.00	+01:57:44 (48.1%)	10:53	5.5 (51.9%)
113	SAWICKA - WERS Urszula	207	NADMORSZY BIEGACZE KOŁOBRZEG	K30	16	00:42:10.00	01:12:52.00	02:09:57.00	04:04:59.00	+01:57:50 (48.1%)	10:53	5.5 (51.9%)
114	JAKUBIAK Anna	118	TENET	K50	3	00:36:11.00	01:27:47.00	02:02:00.00	04:05:58.00	+01:58:49 (48.3%)	10:55	5.5 (51.9%)
115	NOWAK Grzegorz	177	GRUPA AZOTY	M40	32	00:35:07.00	01:26:47.00	02:04:53.00	04:06:47.00	+01:59:38 (48.5%)	10:58	5.5 (51.9%)
116	JAWORSKI Marcin	123		M30	36	00:39:13.00	01:23:34.00	02:04:08.00	04:06:55.00	+01:59:46 (48.5%)	10:58	5.5 (51.9%)
117	KOZACZUK Grzegorz	136		M40	33	00:34:20.00	01:15:45.00	02:16:59.00	04:07:04.00	+01:59:55 (48.5%)	10:58	5.5 (51.9%)
118	SOBIECHOWSKI Dawid	214		M16	13	00:36:11.00	01:25:46.00	02:06:37.00	04:08:34.00	+02:01:25 (48.8%)	11:02	5.4 (50.9%)
119	ROMANOWICZ Monika	200	DZIKIE ŻÓŁWIE	K30	17	00:34:31.00	01:18:57.00	02:15:28.00	04:08:56.00	+02:01:47 (48.9%)	11:03	5.4 (50.9%)
120	ŁAWNICZAK Sebastian	159		M40	34	00:31:59.00	01:17:03.00	02:20:12.00	04:09:14.00	+02:02:05 (49.0%)	11:04	5.4 (50.9%)
121	SOBIECHOWSKI Jakub	213		M16	14	00:36:10.00	01:27:10.00	02:06:34.00	04:09:54.00	+02:02:45 (49.1%)	11:06	5.4 (50.9%)
122	WIŚNIEWSKI Mariusz	241	IHUUH TEAM	M30	37	00:27:52.00	01:04:03.00	02:38:36.00	04:10:31.00	+02:03:22 (49.2%)	11:08	5.4 (50.9%)
123	KRUK Agnieszka	143	GRUPA MALBORK	K40	10	00:33:41.00	01:30:15.00	02:06:43.00	04:10:39.00	+02:03:30 (49.3%)	11:08	5.4 (50.9%)
124	DANILUK-DUPLA Ewa	87	WIECZORNE BIEGANIE W SZCZECINIE	K40	11	00:35:08.00	01:18:35.00	02:17:34.00	04:11:17.00	+02:04:08 (49.4%)	11:10	5.4 (50.9%)
125	MATYSEK Ireneusz	168	KOMANDOS WAŁECKI	M60+	2	00:41:00.00	01:31:17.00	01:59:14.00	04:11:31.00	+02:04:22 (49.4%)	11:10	5.4 (50.9%)
126	JAWORSKI Krystian	122	KUTANG-KLAN	M16	15	00:36:36.00	01:24:50.00	02:10:54.00	04:12:20.00	+02:05:11 (49.6%)	11:12	5.4 (50.9%)
127	KUBIAK Monika	147	TRANING TANK	K40	12	00:36:46.00	01:26:21.00	02:09:38.00	04:12:45.00	+02:05:36 (49.7%)	11:14	5.3 (50.0%)
128	SUCHODOLSKA Aleksandra	219	DZIKIE ŻÓŁWIE	K30	18	00:39:26.00	01:15:27.00	02:18:31.00	04:13:24.00	+02:06:15 (49.8%)	11:15	5.3 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
129	WISZNIEWSKI Marcin	239		M40	35	00:39:43.00	01:28:27.00	02:05:39.00	04:13:49.00	+02:06:40 (49.9%)	11:16	5.3 (50.0%)
130	HNAT Rafał	111		M50	3	00:37:47.00	01:26:20.00	02:09:59.00	04:14:06.00	+02:06:57 (50.0%)	11:17	5.3 (50.0%)
131	GOWORSKI Jerzy	104		M30	38	00:37:28.00	01:27:26.00	02:11:37.00	04:16:31.00	+02:09:22 (50.4%)	11:24	5.3 (50.0%)
132	ZARZECKA Kamila	250	GRUPA MALBORK	K30	19	00:41:42.00	01:30:14.00	02:07:45.00	04:19:41.00	+02:12:32 (51.0%)	11:32	5.2 (49.1%)
133	BEDNARZ Katarzyna	71	NESSI TEAM	K40	13	00:42:10.00	01:20:48.00	02:16:51.00	04:19:49.00	+02:12:40 (51.1%)	11:32	5.2 (49.1%)
134	SOWA Krzysztof	215		M30	39	00:35:29.00	01:21:12.00	02:23:12.00	04:19:53.00	+02:12:44 (51.1%)	11:33	5.2 (49.1%)
135	BAŁKA Michał	64		M30	40	00:42:12.00	01:32:49.00	02:05:43.00	04:20:44.00	+02:13:35 (51.2%)	11:35	5.2 (49.1%)
136	NOWAK Zbigniew	179		M60+	3	00:40:23.00	01:35:41.00	02:06:26.00	04:22:30.00	+02:15:21 (51.6%)	11:40	5.1 (48.1%)
137	STACHOWICZ Małgorzata	217		K40	14	00:42:20.00	01:34:37.00	02:06:55.00	04:23:52.00	+02:16:43 (51.8%)	11:43	5.1 (48.1%)
138	KIERUJ Jakub	127	IHUUH TEAM	M16	16	00:41:57.00	01:26:16.00	02:16:02.00	04:24:15.00	+02:17:06 (51.9%)	11:44	5.1 (48.1%)
139	TRZECIAK Piotr	228		M30	41	00:41:23.00	01:29:39.00	02:13:16.00	04:24:18.00	+02:17:09 (51.9%)	11:44	5.1 (48.1%)
140	JABŁONKA Mariusz	115	DZIADY OCR	M40	36	00:41:15.00	01:33:36.00	02:10:38.00	04:25:29.00	+02:18:20 (52.1%)	11:47	5.1 (48.1%)
141	MARKS Katarzyna	163	STOWARZYSZENIE DOŁUJE KOŚCINO	K40	15	00:40:15.00	01:29:45.00	02:17:34.00	04:27:34.00	+02:20:25 (52.5%)	11:53	5 (47.2%)
142	MATUSZEWSKA Edyta	167	WIECZORNE BIEGANIE W SZCZECINIE	K40	16	00:42:22.00	01:29:46.00	02:17:35.00	04:29:43.00	+02:22:34 (52.9%)	11:59	5 (47.2%)
143	WIŚNIEWSKA Marta	240	IHUUH TEAM	K30	20	00:40:33.00	01:33:36.00	02:16:02.00	04:30:11.00	+02:23:02 (52.9%)	12:00	5 (47.2%)
144	SKORŁUTOWSKI Wojciech	211	IHUUH TEAM	M30	42	00:44:06.00	01:33:37.00	02:16:02.00	04:33:45.00	+02:26:36 (53.6%)	12:10	4.9 (46.2%)
145	HOŁOWCZYC Julia	113	ZMĘCZENI JUŻ NA STARCIE	K30	21	00:34:47.00	01:17:03.00	02:49:19.00	04:41:09.00	+02:34:00 (54.8%)	12:29	4.8 (45.3%)
146	PRABUCKA Karolina	196		K40	17	00:47:18.00	01:34:41.00	02:21:28.00	04:43:27.00	+02:36:18 (55.1%)	12:35	4.8 (45.3%)
147	PRABUCKI Jarosław	197		M40	37	00:47:18.00	01:34:42.00	02:21:28.00	04:43:28.00	+02:36:19 (55.1%)	12:35	4.8 (45.3%)
148	JAŚKIEWICZ Krzysztof	120		M40	38	00:46:15.00	01:42:05.00	02:15:19.00	04:43:39.00	+02:36:30 (55.2%)	12:36	4.8 (45.3%)
149	KOTULSKA Marta	135	BIEGACZE ŚWINOUJŚCIE	K16	5	00:47:33.00	01:36:41.00	02:25:15.00	04:49:29.00	+02:42:20 (56.1%)	12:51	4.7 (44.3%)
150	BARSZCZEWSKI Adrian	69	BIEGACZE ŚWINOUJŚCIE	M16	17	00:47:34.00	01:36:42.00	02:25:15.00	04:49:31.00	+02:42:22 (56.1%)	12:52	4.7 (44.3%)
151	BARSZCZEWSKI Stanisław	68	BIEGACZE ŚWINOUJŚCIE	M50	4	00:47:39.00	01:37:03.00	02:24:56.00	04:49:38.00	+02:42:29 (56.1%)	12:52	4.7 (44.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
151	KUREK Paulina	151	PCHEŁKA	K16	6	00:46:02.00	01:49:13.00	02:14:23.00	04:49:38.00	+02:42:29 (56.1%)	12:52	4.7 (44.3%)
153	BARSZCZEWSKA Małgorzata	67	BIEGACZE ŚWINOUJŚCIE	K40	18	00:47:38.00	01:37:04.00	02:25:10.00	04:49:52.00	+02:42:43 (56.1%)	12:52	4.7 (44.3%)
154	KUREK Oskar	152	PANDA	M16	18	00:47:53.00	01:49:13.00	02:14:13.00	04:51:19.00	+02:44:10 (56.4%)	12:56	4.6 (43.4%)
155	MATYSIAK Sławomir	169	DZIKI SPECJALNEJ TROSKI	M30	43	00:54:56.00	00:55:24.00	03:03:51.00	04:54:11.00	+02:47:02 (56.8%)	13:04	4.6 (43.4%)
156	OSTROWSKA Ina	184		K40	19	00:48:02.00	01:41:04.00	02:33:59.00	05:03:05.00	+02:55:56 (58.0%)	13:28	4.5 (42.5%)
157	KRÓL Krzysztof	141	GARAGE PARTY	M30	44	00:47:05.00	01:36:42.00	02:42:02.00	05:05:49.00	+02:58:40 (58.4%)	13:35	4.4 (41.5%)
158	BZDAWKA Joanna	78		K40	20	00:47:36.00	01:54:02.00	02:25:57.00	05:07:35.00	+03:00:26 (58.7%)	13:40	4.4 (41.5%)
159	BOŚKO Paulina	74	GARAGE PARTY	K30	22	00:47:07.00	01:40:10.00	02:43:24.00	05:10:41.00	+03:03:32 (59.1%)	13:48	4.3 (40.6%)
160	KNAPIK Justyna	130		K30	23	00:54:54.00	01:19:06.00	03:03:51.00	05:17:51.00	+03:10:42 (60.0%)	14:07	4.2 (39.6%)
161	KOSIANOWSKA Monika	134	GRUPA MALBORK ♥MALBORSKIE MORSY ♥	K50	4	00:46:00.00	01:50:38.00	02:43:28.00	05:20:06.00	+03:12:57 (60.3%)	14:13	4.2 (39.6%)
162	JĘDRYKA Anna	124	DZIKI SPECJALNEJ TROSKI	K30	24	00:54:55.00	01:22:18.00	03:03:52.00	05:21:05.00	+03:13:56 (60.4%)	14:16	4.2 (39.6%)
163	BARCIK Kamil	66	DZIKI SPECJALNEJ TROSKI	M30	45	00:54:55.00	01:26:16.00	03:03:52.00	05:25:03.00	+03:17:54 (60.9%)	14:26	4.2 (39.6%)
164	KOŁACZYŃSKA Monika	133		K50	5	00:55:37.00	02:07:25.00	02:43:45.00	05:46:47.00	+03:39:38 (63.3%)	15:24	3.9 (36.8%)
165	WARCHOŁ Kamil	232	DZIKI SPECJALNEJ TROSKI	M16	19	00:54:55.00	01:55:44.00	03:03:51.00	05:54:30.00	+03:47:21 (64.1%)	15:45	3.8 (35.8%)
	BRUMIRSKI Bartek	75		M40		00:30:29.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	DOMINIAK Michał	112	ZMĘCZENI JUŻ NA STARCIE	K30		00:34:47.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	LEWANDOWSKI Piotr	156	SKB DZIK	M40		00:00:00.00 DNF	01:03:25.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	KĘDZIOR Jakub	126	WARRIORS ŁÓDŹ	M30		01:04:59.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	USTIANOWSKI Przemysław	230	JW 4531	M40		00:25:10.00 DNF	00:56:34.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	WIECZOREK Michał	236	ZALATANI 1.BLTR	M16		00:00:00.00 DNF	00:00:00.00 DNF	01:25:40.00 DNF	DNF		-	- (0.0%)
	WALKOWIAK Daria	231	BRIDGESTONE STARGARD RUNNERS	K30		00:29:48.00 DNF	01:02:52.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	ECHAUST Artur	254	BOLI BOLI	M40		00:29:41.00 DNF	01:03:35.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	PRUSEK Mateusz	198	AKTYWNE CHOSZCZNO	M30		00:29:31.00 DNF	01:09:02.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	Etap 1	Etap 2	Etap 3	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
	MĄDRAWSKI Tomasz	170		M40	00:32:18.00 DNF	01:08:17.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	DOMAGALSKI Sławomir	90	SKB DZIK	M50	00:35:04.00 DNF	01:19:19.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	MISIASZEK Mirosław	172	MAŁKOCIN	M50	00:37:04.00 DNF	01:25:16.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	GRALEWICZ Albert	107		M16	00:27:35.00 DNF	00:00:00.00 DNF	01:45:14.00 DNF	DNF		-	- (0.0%)
	GARLIŃSKA Justyna	98		M40	00:40:59.00 DNF	00:00:00.00 DNF	01:56:48.00 DNF	DNF		-	- (0.0%)
	PASZKO Daniel	187	WIECZORNE BIEGANIE W SZCZECINIE	M40	00:31:51.00 DNF	00:00:00.00 DNF	02:17:35.00 DNF	DNF		-	- (0.0%)
	CHWALENCKI Grzegorz	83	TAKTRZEBAŻYĆ	M16	00:00:00.00 DNF	01:05:40.00 DNF	01:47:53.00 DNF	DNF		-	- (0.0%)
	ROZGA Michał	201		M40	00:48:01.00 DNF	00:00:00.00 DNF	02:33:56.00 DNF	DNF		-	- (0.0%)
	RYBACKA Agnieszka	203	IHUUH TEAM	K16	00:44:08.00 DNF	00:00:00.00 DNF	02:38:36.00 DNF	DNF		-	- (0.0%)
	KRÓL Magdalena	140	GARAGE PARTY	K30	00:47:08.00 DNF	00:00:00.00 DNF	02:43:24.00 DNF	DNF		-	- (0.0%)
	KRZYWOŃ Paweł	146		M30	00:00:00.00 DNF	01:36:56.00 DNF	02:01:36.00 DNF	DNF		-	- (0.0%)
	ZEMŁA Dawid	253	DZIKI SPECJALNEJ TROSKI	M30	00:00:00.00 DNF	00:58:19.00 DNF	03:03:51.00 DNF	DNF		-	- (0.0%)

Znaleziono 186 wynik(ów)