X BIEG MIKOŁAJKOWY

Wydarzenie: X Bieg Mikołajkowy
Organizator: Stowarzyszenie BiegamBoLubię Team Police
Data: 2022-12-04
Miejsce: Police
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	**MAJDZINSKI Konrad**	**609**	WMLKS POMORZE STARGARD	M-20	1				Tak		00:16:17	**00:33:58.80**	**00:33:58.80**		3:23	17.7 (100%)
2	**ANDRUSZKIEWICZ Damian**	**11**	KB PIONIER SZCZECIN	M-20	2					RUN TEAM	00:17:08	**00:36:17.50**	**00:36:17.50**	+00:02:18 (6.4%)	3:37	16.5 (93.2%)
3	**PAŃKO Andrzej**	**9**	KB HERMES GRYFINO	M-20	3				Tak	KB Hermes Gryfino	00:17:14	**00:36:28.35**	**00:36:28.35**	+00:02:29 (6.8%)	3:38	16.5 (93.2%)
4	**LESIECKI Piotr**	**268**	KS IRONMAN SZCZECIN	M-30	1					KS IRONMAN SZCZECIN	00:17:38	**00:37:22.05**	**00:37:22.05**	+00:03:23 (9.1%)	3:44	16.1 (91.0%)
5	**GWÓŹDŹ Jacek**	**140**		M-30	2						00:17:45	**00:37:26.10**	**00:37:26.10**	+00:03:27 (9.2%)	3:44	16 (90.4%)
6	**BARAŃSKI Przemysław**	**23**	MLUKS TRZEBIATÓW	M-20	4				Tak	RUN TEAM	00:18:16	**00:38:10.20**	**00:38:10.20**	+00:04:11 (11.0%)	3:49	15.7 (88.7%)
7	**WASILEWSKI Andrzej**	**543**		M-40	1					RunFourFun	00:18:39	**00:38:17.20**	**00:38:17.20**	+00:04:18 (11.2%)	3:49	15.7 (88.7%)
8	**ŁUKASZEWSKI Sebastian**	**286**	STARGARDZKI KUB LEKKOATLETYCZNY	M-40	2						00:18:35	**00:38:33.05**	**00:38:33.05**	+00:04:34 (11.9%)	3:51	15.6 (88.1%)
9	**MISARKO Maciej**	**611**	MKL SZCZECIN	M-16	1			Yes		RUN TEAM	00:18:38	**00:38:34.90**	**00:38:34.90**	+00:04:36 (11.9%)	3:51	15.6 (88.1%)
10	**APIECIONEK Mateusz**	**8**	UKL ÓSEMKA POLICE	M-30	3		Tak			UKL Ósemka Police	00:18:39	**00:39:35.45**	**00:39:35.45**	+00:05:36 (14.2%)	3:57	15.2 (85.9%)
11	**HOŁUB Kamil**	**153**	MLUKS TRZEBIATÓW	M-40	3					Żółwiki w pogoni	00:19:14	**00:40:11.20**	**00:40:11.20**	+00:06:12 (15.4%)	4:01	14.9 (84.2%)
12	**PRYK Rafał**	**417**	TRIATHLON GOLENIÓW	M-40	4						00:19:12	**00:40:16.85**	**00:40:16.85**	+00:06:18 (15.6%)	4:01	14.9 (84.2%)
13	**MACIEJSKI Łukasz**	**3**	POLITOLOG TEAM	M-30	4						00:19:13	**00:40:25.00**	**00:40:25.00**	+00:06:26 (15.9%)	4:02	14.8 (83.6%)
14	**MARKIEWICZ Kamil**	**1**	BRIDGESTONE RUNNERS STARGARD	M-20	5						00:19:27	**00:40:44.65**	**00:40:44.65**	+00:06:45 (16.6%)	4:04	14.7 (83.1%)
15	**KOZIRÓG Łukasz**	**229**	DECATHLON SZCZECIN	M-20	6					Decathlon Szczecin	00:19:13	**00:40:50.50**	**00:40:50.50**	+00:06:51 (16.8%)	4:05	14.7 (83.1%)
16	**WIŚNIEWSKI Bartłomiej**	**557**	RUNFOURFUN	M-30	5					RunFourFun	00:19:23	**00:40:56.65**	**00:40:56.65**	+00:06:57 (17.0%)	4:05	14.7 (83.1%)
17	**GRZEGÓRZEK Paulina**	**134**	RAZ SZCZECIN	K-30	1						00:19:39	**00:41:01.85**	**00:41:01.85**	+00:07:03 (17.2%)	4:06	14.6 (82.5%)
18	**POKRZYWIŃSKI Krzysztof**	**614**		M-60	1						00:19:47	**00:41:02.75**	**00:41:02.75**	+00:07:03 (17.2%)	4:06	14.6 (82.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
19	**GORSZKA Damian**	**123**	PARKRUN SZCZECIN	M-20	7						00:19:41	**00:41:15.10**	**00:41:15.10**	+00:07:16 (17.6%)	4:07	14.5 (81.9%)
20	**GRZEGÓRZEK Piotr**	**135**	RAZ SZCZECIN	M-30	6						00:19:31	**00:41:21.55**	**00:41:21.55**	+00:07:22 (17.8%)	4:08	14.5 (81.9%)
21	**SURMA Grzegorz**	**585**	HARPAGAN	M-30	7						00:19:37	**00:41:31.90**	**00:41:31.90**	+00:07:33 (18.2%)	4:09	14.5 (81.9%)
22	**BIAŁEK Beata**	**5**	KB HERMES GRYFINO	K-40	1				Tak		00:19:43	**00:41:45.85**	**00:41:45.85**	+00:07:47 (18.6%)	4:10	14.4 (81.4%)
23	**CZOSNOWSKI Krzysztof**	**69**	KB HERMES GRYFINO	M-40	5					KB Hermes Gryfino	00:20:09	**00:41:50.35**	**00:41:50.35**	+00:07:51 (18.8%)	4:11	14.3 (80.8%)
24	**HOŁYŃSKI Leszek**	**154**	KM PSP SZCZECIN	M-30	8		Tak		Tak		00:19:53	**00:41:51.25**	**00:41:51.25**	+00:07:52 (18.8%)	4:11	14.3 (80.8%)
25	**WOJNACH Andrzej**	**232**	79 MINUT PO PIĘĆDZIESĄTCE	M-50	1					RUN TEAM	00:19:54	**00:42:00.05**	**00:42:00.05**	+00:08:01 (19.1%)	4:12	14.3 (80.8%)
26	**OLEJARZ Damian**	**357**	POL-BUD POLICE	M-30	9		Tak				00:19:55	**00:42:03.45**	**00:42:03.45**	+00:08:04 (19.2%)	4:12	14.3 (80.8%)
27	**DOBERSZTYN Franek**	**79**	FIZJOBIEGACZE SZCZECIN	M-16	2						00:20:03	**00:42:07.15**	**00:42:07.15**	+00:08:08 (19.3%)	4:12	14.2 (80.2%)
28	**JUNAK Michal**	**175**		M-20	8						00:19:18	**00:42:08.00**	**00:42:08.00**	+00:08:09 (19.4%)	4:12	14.2 (80.2%)
29	**BERNACKI Mariusz**	**25**	MODLITWA BIEGANIA GRYFINO	M-40	6						00:19:58	**00:42:16.05**	**00:42:16.05**	+00:08:17 (19.6%)	4:13	14.2 (80.2%)
30	**HAŁGAS Piotr**	**143**	OKS TANOWO	M-30	10		Tak			UKL Ósemka Police	00:19:57	**00:42:22.75**	**00:42:22.75**	+00:08:23 (19.8%)	4:14	14.2 (80.2%)
31	**SKALSKI Mateusz**	**462**		M-30	11		Tak	Tak		UKL Ósemka Police	00:21:07	**00:42:42.20**	**00:42:42.20**	+00:08:43 (20.4%)	4:16	14.1 (79.7%)
31	**MIROWSKI Blazej**	**325**	UKL OSEMKA	M-30	11		Tak			UKL Ósemka Police	00:21:07	**00:42:42.20**	**00:42:42.20**	+00:08:43 (20.4%)	4:16	14.1 (79.7%)
33	**GRZYBOWSKI Robert**	**136**	GRUPA AZOTY POLICE / BOLI BOLI	M-40	7		Tak	Tak			00:20:19	**00:42:49.40**	**00:42:49.40**	+00:08:50 (20.7%)	4:16	14 (79.1%)
34	**PIELECHOWSKI Piotr**	**388**	DECATHLON SZCZECIN	M-30	13		Tak			Decathlon Szczecin	00:20:48	**00:43:05.40**	**00:43:05.40**	+00:09:06 (21.1%)	4:18	13.9 (78.5%)
35	**WOŹNIAK Marek**	**567**	BOSMAN SZCZECIN	M-40	8					Bosman Szczecin	00:21:06	**00:43:07.05**	**00:43:07.05**	+00:09:08 (21.2%)	4:18	13.9 (78.5%)
36	**BALCERZAK Przemysław**	**19**	GRUPA AZOTY/UKL ÓSEMKA POLICE	M-30	14		Tak	Tak		UKL Ósemka Police	00:21:08	**00:43:15.55**	**00:43:15.55**	+00:09:16 (21.5%)	4:19	13.9 (78.5%)
37	**OLEJNIK Przemek**	**358**		M-50	2						00:20:43	**00:43:19.85**	**00:43:19.85**	+00:09:21 (21.6%)	4:19	13.9 (78.5%)
38	**SZABAŁOWSKA Małgorzata**	**4**	SZCZECINECCY BIEGACZE	K-20	1						00:20:39	**00:43:29.10**	**00:43:29.10**	+00:09:30 (21.9%)	4:20	13.8 (78.0%)
39	**PROCIAK Krzysztof**	**414**	SKB DZIK	M-30	15					SKB DZIK	00:20:51	**00:43:32.65**	**00:43:32.65**	+00:09:33 (22.0%)	4:21	13.8 (78.0%)
40	**PLUTA Grzegorz**	**401**	KB HERMES GRYFINO	M-50	3					KB Hermes Gryfino	00:20:53	**00:43:44.10**	**00:43:44.10**	+00:09:45 (22.3%)	4:22	13.7 (77.4%)
41	**BEDNARSKI Marek**	**24**		M-30	16			Tak		Biegam Bo Lubię Lasy Bogdaniec	00:22:05	**00:43:44.85**	**00:43:44.85**	+00:09:46 (22.3%)	4:22	13.7 (77.4%)
42	**WÓJCIAK Marcin**	**568**		M-20	9						00:21:04	**00:43:45.90**	**00:43:45.90**	+00:09:47 (22.4%)	4:22	13.7 (77.4%)
43	**OKIENCZUK Radek**	**354**		M-30	17		Tak				00:21:03	**00:43:46.05**	**00:43:46.05**	+00:09:47 (22.4%)	4:22	13.7 (77.4%)
44	**KAMIŃSKA Agata**	**185**	KAMINSKI TEAM	K-30	2					RUN TEAM	00:21:07	**00:43:55.85**	**00:43:55.85**	+00:09:57 (22.7%)	4:23	13.7 (77.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
45	**GANCARZ Piotr**	**112**	DRUŻYNA G	M-30	18						00:21:17	**00:43:57.00**	**00:43:57.00**	+00:09:58 (22.7%)	4:23	13.7 (77.4%)
46	**ŁOTARSKI Wiesław**	**615**		M-60	2						00:21:06	**00:43:57.80**	**00:43:57.80**	+00:09:59 (22.7%)	4:23	13.7 (77.4%)
47	**EWERT-KRZEMIENIEWSKI Stanisław**	**99**		M-40	9						00:21:48	**00:44:14.00**	**00:44:14.00**	+00:10:15 (23.2%)	4:25	13.6 (76.8%)
48	**ŻARCZYŃSKI Błażej**	**594**	BIEGAM U KOLESI	M-30	19		Tak		Tak		00:21:38	**00:44:15.15**	**00:44:15.15**	+00:10:16 (23.2%)	4:25	13.6 (76.8%)
49	**PUCHALSKI Grzegorz**	**423**	RUNFOURFUN	M-30	20					RunFourFun	00:21:04	**00:44:27.45**	**00:44:27.45**	+00:10:28 (23.6%)	4:26	13.5 (76.3%)
50	**GAWLE Łukasz**	**116**	UNITY LINE	M-40	10						00:21:29	**00:44:29.80**	**00:44:29.80**	+00:10:31 (23.6%)	4:26	13.5 (76.3%)
51	**SOBKOWIAK Robert**	**467**	MKL MARATON ŚWINOUJŚCIE	M-50	4						00:21:44	**00:44:43.80**	**00:44:43.80**	+00:10:45 (24.0%)	4:28	13.4 (75.7%)
52	**DĄBROWSKI Kamil**	**77**	PROTOUR SZCZECIN	M-40	11		Tak				00:21:55	**00:44:46.25**	**00:44:46.25**	+00:10:47 (24.1%)	4:28	13.4 (75.7%)
53	**KACZMAREK Lukasz**	**183**	KS IRONMAN SZCZECIN	M-30	21						00:21:36	**00:44:48.20**	**00:44:48.20**	+00:10:49 (24.2%)	4:28	13.4 (75.7%)
54	**NADOLNY Przemysław**	**333**	PARKRUN SZCZECIN	M-40	12	Nadolni				Nadolny Team	00:21:48	**00:44:49.80**	**00:44:49.80**	+00:10:51 (24.2%)	4:28	13.4 (75.7%)
55	**MAJKA Dariusz**	**297**	BIEGACZE ŚWINOUJŚCIE	M-40	13						00:21:45	**00:45:00.95**	**00:45:00.95**	+00:11:02 (24.5%)	4:30	13.3 (75.1%)
56	**SADOWSKI Kamil**	**450**	OKS TANOWO	M-20	10		Tak				00:22:09	**00:45:07.70**	**00:45:07.70**	+00:11:08 (24.7%)	4:30	13.3 (75.1%)
57	**NYKOLAJCZUK Robert**	**353**	BRIDGESTONE RUNNERS	M-50	5						00:21:56	**00:45:07.75**	**00:45:07.75**	+00:11:08 (24.7%)	4:30	13.3 (75.1%)
58	**KAPUŚCIŃSKI Zbigniew**	**188**	GRUPA AZOTY ZAKŁADY CHEMICZNE POLICE S. A.	M-50	6			Tak			00:21:47	**00:45:09.70**	**00:45:09.70**	+00:11:10 (24.8%)	4:30	13.3 (75.1%)
59	**DOBOSZ Piotr**	**81**	PITER	M-40	14						00:22:11	**00:45:17.60**	**00:45:17.60**	+00:11:18 (25.0%)	4:31	13.2 (74.6%)
60	**FĄFEREK Piotr**	**102**		M-30	22					Wieczorne Bieganie w Szczecinie	00:21:36	**00:45:19.75**	**00:45:19.75**	+00:11:20 (25.0%)	4:31	13.2 (74.6%)
61	**DYDEK Edyta**	**95**	SKB DZIK	K-20	2	Dydek	Tak		Tak	SKB DZIK	00:21:57	**00:45:29.20**	**00:45:29.20**	+00:11:30 (25.3%)	4:32	13.2 (74.6%)
62	**SZYMCZAK Marcin**	**511**		M-40	15						00:22:01	**00:45:31.25**	**00:45:31.25**	+00:11:32 (25.4%)	4:33	13.2 (74.6%)
63	**BŁAŻ Anna**	**33**		K-40	2						00:21:38	**00:45:31.40**	**00:45:31.40**	+00:11:32 (25.4%)	4:33	13.2 (74.6%)
64	**ZALEWSKI Maciej**	**578**		M-40	16						00:22:10	**00:45:32.50**	**00:45:32.50**	+00:11:33 (25.4%)	4:33	13.2 (74.6%)
65	**PILC Anna**	**612**	TARNOWO PODGORNE BIEGA	K-30	3						00:21:53	**00:45:37.40**	**00:45:37.40**	+00:11:38 (25.5%)	4:33	13.2 (74.6%)
66	**HETMAŃSKI Arkadiusz**	**148**	LOVELASY	M-40	17			Tak		LoveLasy	00:21:55	**00:45:44.35**	**00:45:44.35**	+00:11:45 (25.7%)	4:34	13.1 (74.0%)
67	**ŻELAZNY Maciej**	**596**	BOSMAN SZCZECIN	M-30	23					Bosman Szczecin	00:20:46	**00:46:05.75**	**00:46:05.75**	+00:12:06 (26.3%)	4:36	13 (73.4%)
68	**PELC Marek**	**380**	12 BZ	M-30	24				Tak		00:22:16	**00:46:10.95**	**00:46:10.95**	+00:12:12 (26.4%)	4:37	13 (73.4%)
69	**NAWROCKI Piotr**	**337**	KB PIONIER SZCZECIN	M-50	7						00:22:40	**00:46:19.45**	**00:46:19.45**	+00:12:20 (26.6%)	4:37	13 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
70	**PAWLICZAK Rafał**	**621**		M-40	18						00:21:47	**00:46:20.95**	**00:46:20.95**	+00:12:22 (26.7%)	4:38	12.9 (72.9%)
71	**PROKOP Agata**	**415**		K-30	4					RunFourFun	00:22:07	**00:46:30.45**	**00:46:30.45**	+00:12:31 (26.9%)	4:39	12.9 (72.9%)
72	**JOŃCA Patrycja**	**171**	GRYFUS SZCZECIN	K-20	3						00:22:09	**00:46:32.50**	**00:46:32.50**	+00:12:33 (27.0%)	4:39	12.9 (72.9%)
73	**WARCHALOWSKI Arkadiusz**	**538**		M-40	19		Tak				00:22:38	**00:46:32.95**	**00:46:32.95**	+00:12:34 (27.0%)	4:39	12.9 (72.9%)
74	**WOJCIECHOWSKA Basia**	**559**		K-20	4					Zółwiki w pogoni	00:22:10	**00:46:36.10**	**00:46:36.10**	+00:12:37 (27.1%)	4:39	12.9 (72.9%)
75	**SZYMCZAK Krzysztof**	**510**		M-16	3						00:22:50	**00:46:36.20**	**00:46:36.20**	+00:12:37 (27.1%)	4:39	12.9 (72.9%)
76	**ARLUKIEWICZ Grzegorz**	**15**	T.I.P (TOST I PIWO)	M-30	25		Tak	Tak			00:22:47	**00:46:54.00**	**00:46:54.00**	+00:12:55 (27.5%)	4:41	12.8 (72.3%)
77	**KOBIELAK Piotr**	**208**		M-20	11						00:22:42	**00:47:15.05**	**00:47:15.05**	+00:13:16 (28.1%)	4:43	12.7 (71.8%)
78	**SZYMKIEWICZ Robert**	**513**	MIEDZYRZECKIE GAZELE	M-50	8						00:22:20	**00:47:32.55**	**00:47:32.55**	+00:13:33 (28.5%)	4:45	12.6 (71.2%)
79	**TOPOREK Przemysław**	**524**		M-30	26						00:22:57	**00:47:35.05**	**00:47:35.05**	+00:13:36 (28.6%)	4:45	12.6 (71.2%)
80	**NEJMAN Rafał**	**338**		M-40	20		Tak				00:22:48	**00:47:41.55**	**00:47:41.55**	+00:13:42 (28.8%)	4:46	12.6 (71.2%)
81	**ZAWLIK Tomasz**	**582**		M-40	21						00:23:47	**00:47:50.05**	**00:47:50.05**	+00:13:51 (29.0%)	4:47	12.5 (70.6%)
82	**FURMAŃSKI Marcin**	**109**	WY-BIEGANI SZCZECIN	M-30	27					Wy-Biegani Szczecin	00:22:36	**00:47:50.25**	**00:47:50.25**	+00:13:51 (29.0%)	4:47	12.5 (70.6%)
83	**PASIKOWSKI Kamil**	**370**	SKB DZIK	M-20	12	Dydek			Tak	SKB DZIK	00:23:23	**00:47:51.40**	**00:47:51.40**	+00:13:52 (29.0%)	4:47	12.5 (70.6%)
84	**KUBERA Roman**	**250**	EKSPERT SYSTEMY INFORMATYCZNE	M-40	22						00:23:50	**00:47:56.40**	**00:47:56.40**	+00:13:57 (29.1%)	4:47	12.5 (70.6%)
85	**HURYŃ Ewa**	**155**	ALPIN SPORT HOKA ONE ONE TEAM	K-40	3						00:23:00	**00:48:04.50**	**00:48:04.50**	+00:14:05 (29.3%)	4:48	12.5 (70.6%)
86	**KRZEŚNIOWSKI Marcin**	**246**	RUCHOWA AKADEMIA ZDROWIA RAZ SZCZECIN	M-40	23					Ruchowa Akademia Zdrowia RAZ SZCZECIN	00:22:29	**00:48:07.00**	**00:48:07.00**	+00:14:08 (29.4%)	4:48	12.5 (70.6%)
87	**JASIŃSKI Arkadiusz**	**161**		M-40	24						00:22:47	**00:48:08.70**	**00:48:08.70**	+00:14:09 (29.4%)	4:48	12.5 (70.6%)
88	**TROJGA Karolina**	**527**	RUNFOURFUN	K-30	5					RunFourFun	00:22:48	**00:48:09.50**	**00:48:09.50**	+00:14:10 (29.4%)	4:48	12.5 (70.6%)
89	**KACZMAREK Natalia**	**182**	FIZJOBIEGACZE SZCZECIN	K-30	6						00:23:32	**00:48:09.65**	**00:48:09.65**	+00:14:10 (29.4%)	4:48	12.5 (70.6%)
90	**KUCHTA Piotr**	**253**	KB PIONIER SZCZECIN	M-30	28						00:25:50	**00:48:10.40**	**00:48:10.40**	+00:14:11 (29.5%)	4:49	12.5 (70.6%)
91	**WEBER Mirela**	**547**		K-30	7		Tak				00:22:23	**00:48:15.95**	**00:48:15.95**	+00:14:17 (29.6%)	4:49	12.4 (70.1%)
92	**POPŁAWSKA Weronika**	**411**	WY-BIEGANI SZCZECIN	K-40	4					Wy-Biegani Szczecin	00:23:00	**00:48:17.75**	**00:48:17.75**	+00:14:18 (29.6%)	4:49	12.4 (70.1%)
93	**BUDZIŃSKI Bartosz**	**53**	LABORATORIUM DROGOWE SZCZECIN	M-30	29						00:23:21	**00:48:25.80**	**00:48:25.80**	+00:14:27 (29.8%)	4:50	12.4 (70.1%)
94	**BĘDKOWSKI Piotr**	**26**		M-30	30						00:23:02	**00:48:31.25**	**00:48:31.25**	+00:14:32 (30.0%)	4:51	12.4 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
95	**KULAS Kacper**	**258**	DECATHLON SZCZECIN	M-20	13					Decathlon Szczecin	00:24:02	**00:48:46.85**	**00:48:46.85**	+00:14:48 (30.3%)	4:52	12.3 (69.5%)
96	**CZYŻ Adam**	**72**		M-40	25						00:23:50	**00:48:59.85**	**00:48:59.85**	+00:15:01 (30.6%)	4:53	12.2 (68.9%)
97	**NIEMIRO Dominika**	**342**	GRUPA AZOTY POLICE	K-30	8		Tak	Tak			00:23:47	**00:48:59.95**	**00:48:59.95**	+00:15:01 (30.7%)	4:53	12.2 (68.9%)
98	**KONDELA Paweł**	**215**	AKTYWNE CHOSZCZNO	M-40	26				Tak		00:24:02	**00:49:00.50**	**00:49:00.50**	+00:15:01 (30.7%)	4:54	12.2 (68.9%)
99	**MIKA Tomasz**	**317**		M-40	27		Tak				00:23:33	**00:49:01.15**	**00:49:01.15**	+00:15:02 (30.7%)	4:54	12.2 (68.9%)
100	**WIEDRO Marcin**	**550**		M-40	28						00:24:24	**00:49:01.90**	**00:49:01.90**	+00:15:03 (30.7%)	4:54	12.2 (68.9%)
101	**WALKOWIAK Daria**	**536**	BRIDGESTONE RUNNERS STARGARD	K-30	9						00:23:31	**00:49:06.90**	**00:49:06.90**	+00:15:08 (30.8%)	4:54	12.2 (68.9%)
102	**ŚCIERKO Dawid**	**514**	WY-BIEGANI SZCZECIN	M-30	31					Wy-Biegani Szczecin	00:23:00	**00:49:07.25**	**00:49:07.25**	+00:15:08 (30.8%)	4:54	12.2 (68.9%)
103	**LEWANDOWSKI Daniel**	**271**	AKTYWNE LISEWO	M-30	32						00:23:30	**00:49:08.25**	**00:49:08.25**	+00:15:09 (30.8%)	4:54	12.2 (68.9%)
104	**KAŹMIERCZAK Krzysztof**	**194**	KB HERMES GRYFINO	M-50	9						00:23:51	**00:49:15.15**	**00:49:15.15**	+00:15:16 (31.0%)	4:55	12.2 (68.9%)
105	**LEWANDOWSKI Piotr**	**270**	SKB DZIK	M-40	29		Tak			SKB DZIK	00:23:49	**00:49:16.90**	**00:49:16.90**	+00:15:18 (31.0%)	4:55	12.2 (68.9%)
106	**PIECYK Katarzyna**	**385**	BOSMAN SZCZECIN	K-30	10					Bosman Szczecin	00:23:13	**00:49:22.20**	**00:49:22.20**	+00:15:23 (31.2%)	4:56	12.2 (68.9%)
107	**FRANKIEWICZ Grzesiek**	**107**		M-30	33						00:22:46	**00:49:24.05**	**00:49:24.05**	+00:15:25 (31.2%)	4:56	12.1 (68.4%)
108	**LESIECKA Justyna**	**267**		K-30	11						00:23:55	**00:49:31.70**	**00:49:31.70**	+00:15:32 (31.4%)	4:57	12.1 (68.4%)
109	**TYMUL Jakub**	**531**	#TYMTRITEAM	M-40	30					TymTriTeam	00:24:05	**00:49:42.20**	**00:49:42.20**	+00:15:43 (31.6%)	4:58	12.1 (68.4%)
110	**SZCZYGIELSKI Radosław**	**496**	DECATHLON SZCZECIN	M-30	34					Decathlon Szczecin	00:22:55	**00:49:43.70**	**00:49:43.70**	+00:15:44 (31.7%)	4:58	12.1 (68.4%)
111	**ZYGAR Konrad**	**593**	EKSPERT SYSTEMY INFORMATYCZNE	M-50	10						00:24:39	**00:49:49.25**	**00:49:49.25**	+00:15:50 (31.8%)	4:58	12 (67.8%)
112	**TARNOWSKA Joanna**	**516**		K-40	5						00:24:42	**00:49:54.10**	**00:49:54.10**	+00:15:55 (31.9%)	4:59	12 (67.8%)
113	**KORDELA Marcin**	**622**		M-40	31						00:24:40	**00:49:55.85**	**00:49:55.85**	+00:15:57 (31.9%)	4:59	12 (67.8%)
114	**DROŹDZIEL Magdalena**	**84**	KB HERMES GRYFINO	K-30	12					KB Hermes Gryfino 2	00:24:20	**00:49:57.35**	**00:49:57.35**	+00:15:58 (32.0%)	4:59	12 (67.8%)
115	**WASILEWSKI Sylwester**	**544**		M-30	35		Tak				00:23:37	**00:49:59.65**	**00:49:59.65**	+00:16:00 (32.0%)	4:59	12 (67.8%)
116	**FREILICH Bartosz**	**108**		M-50	11		Tak				00:24:17	**00:50:02.10**	**00:50:02.10**	+00:16:03 (32.1%)	5:00	12 (67.8%)
117	**ECHAUST Artur**	**98**	BOLIBOLI	M-40	32		Tak				00:22:33	**00:50:03.40**	**00:50:03.40**	+00:16:04 (32.1%)	5:00	12 (67.8%)
118	**WILK Ania**	**554**	DECATHLON SZCZECIN	K-30	13					Decathlon Szczecin	00:24:26	**00:50:03.85**	**00:50:03.85**	+00:16:05 (32.1%)	5:00	12 (67.8%)
119	**OSTROWSKI Sylwester**	**368**	STARGARD JA SIĘ NIE ŚCIGAM	M-40	33						00:23:34	**00:50:06.15**	**00:50:06.15**	+00:16:07 (32.2%)	5:00	12 (67.8%)
120	**KOTOWSKA Iwona**	**605**	DEMANT	K-30	14						00:25:21	**00:50:09.30**	**00:50:09.30**	+00:16:10 (32.3%)	5:00	12 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
121	**HOŁOWCZAK Krzysztof**	**152**		M-40	34						00:24:22	**00:50:29.00**	**00:50:29.00**	+00:16:30 (32.7%)	5:02	11.9 (67.2%)
122	**CHMIELECKI Janusz**	**619**		M-60	3						00:24:26	**00:50:29.45**	**00:50:29.45**	+00:16:30 (32.7%)	5:02	11.9 (67.2%)
123	**PŁUCIENNIK Piotr**	**403**	SZCZECIŃSKA ENERGETYKA CIEPLNA	M-40	35		Tak				00:24:47	**00:50:29.80**	**00:50:29.80**	+00:16:31 (32.7%)	5:02	11.9 (67.2%)
124	**SAWARYN Damian**	**455**		M-20	14						00:23:50	**00:50:30.60**	**00:50:30.60**	+00:16:31 (32.7%)	5:03	11.9 (67.2%)
125	**WOLANO Marcin**	**562**	HATTON DARTS	M-30	36						00:24:12	**00:50:34.00**	**00:50:34.00**	+00:16:35 (32.8%)	5:03	11.9 (67.2%)
126	**HAMAN Kacper**	**144**	WY-BIEGANI SZCZECIN	M-30	37					Wy-Biegani Szczecin	00:23:27	**00:50:35.05**	**00:50:35.05**	+00:16:36 (32.8%)	5:03	11.9 (67.2%)
127	**SIERADZAN Kamil**	**458**		M-20	15					Wy-Biegani Szczecin 3	00:23:26	**00:50:37.85**	**00:50:37.85**	+00:16:39 (32.9%)	5:03	11.9 (67.2%)
128	**ŁAWNICZAK Sebastian**	**280**		M-40	36		Tak	Tak			00:24:24	**00:50:49.70**	**00:50:49.70**	+00:16:50 (33.1%)	5:04	11.8 (66.7%)
129	**JUSZCZYK Radosław**	**628**		M-30	38						00:24:48	**00:50:50.10**	**00:50:50.10**	+00:16:51 (33.2%)	5:05	11.8 (66.7%)
130	**BORKOWSKI Aleksander**	**42**	100 MARATON CLUB POLSKA	M-60	4						00:24:45	**00:50:51.20**	**00:50:51.20**	+00:16:52 (33.2%)	5:05	11.8 (66.7%)
131	**GÓRSKI Łukasz**	**127**		M-30	39		Tak				00:25:22	**00:50:55.50**	**00:50:55.50**	+00:16:56 (33.3%)	5:05	11.8 (66.7%)
132	**WOLSKI Tomasz**	**374**	GO2TRI	M-50	12						00:25:32	**00:51:08.70**	**00:51:08.70**	+00:17:09 (33.6%)	5:06	11.7 (66.1%)
133	**KULIG Krzysztof**	**259**	MODLITWA BIEGANIA GRYFINO	M-40	37						00:24:58	**00:51:09.65**	**00:51:09.65**	+00:17:10 (33.6%)	5:06	11.7 (66.1%)
134	**MISZCZYSZYN Oliwier**	**326**		M-30	40						00:24:57	**00:51:10.00**	**00:51:10.00**	+00:17:11 (33.6%)	5:07	11.7 (66.1%)
135	**OLBRYCHOWSKA Paulina**	**355**		K-30	15						00:25:10	**00:51:12.25**	**00:51:12.25**	+00:17:13 (33.6%)	5:07	11.7 (66.1%)
136	**ZALESKI Tomasz**	**577**		M-40	38						00:24:38	**00:51:15.95**	**00:51:15.95**	+00:17:17 (33.7%)	5:07	11.7 (66.1%)
137	**BIK Marcin**	**31**		M-50	13						00:24:38	**00:51:16.00**	**00:51:16.00**	+00:17:17 (33.7%)	5:07	11.7 (66.1%)
138	**RADCZUK Mariusz**	**426**	14 ZBOT	M-40	39		Tak	Tak	Tak	Grupa Azoty	00:24:25	**00:51:21.15**	**00:51:21.15**	+00:17:22 (33.8%)	5:08	11.7 (66.1%)
139	**KOSTKOWSKI Hubert**	**219**		M-30	41						00:25:19	**00:51:22.75**	**00:51:22.75**	+00:17:23 (33.9%)	5:08	11.7 (66.1%)
140	**TUSZYŃSKI Bartek**	**530**		M-30	42		Tak				00:24:33	**00:51:24.20**	**00:51:24.20**	+00:17:25 (33.9%)	5:08	11.7 (66.1%)
141	**SZARMACH Dariusz**	**490**	MARATOŃCZYK TEAM SZCZECIN	M-40	40						00:24:09	**00:51:26.20**	**00:51:26.20**	+00:17:27 (33.9%)	5:08	11.7 (66.1%)
142	**BOŻEK Artur**	**45**		M-40	41						00:24:41	**00:51:26.40**	**00:51:26.40**	+00:17:27 (33.9%)	5:08	11.7 (66.1%)
143	**ANDRUSZKIEWICZ Piotr**	**12**		M-30	43						00:24:48	**00:51:26.50**	**00:51:26.50**	+00:17:27 (33.9%)	5:08	11.7 (66.1%)
144	**SKWIRA Michał**	**464**		M-30	44						00:25:15	**00:51:30.95**	**00:51:30.95**	+00:17:32 (34.0%)	5:09	11.7 (66.1%)
145	**MILEWSKA Edyta**	**322**	WY-BIEGANI SZCZECIN	K-30	16					Wy-Biegani Szczecin	00:25:19	**00:51:36.45**	**00:51:36.45**	+00:17:37 (34.2%)	5:09	11.6 (65.5%)
146	**PAWŁOWSKA-ZALEJSKA Justyna**	**378**		K-30	17						00:24:41	**00:51:40.35**	**00:51:40.35**	+00:17:41 (34.2%)	5:10	11.6 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
147	**ZAJĄC Remigiusz**	**575**		M-20	16		Tak				00:24:40	**00:51:44.90**	**00:51:44.90**	+00:17:46 (34.3%)	5:10	11.6 (65.5%)
148	**KUFEL Dariusz**	**255**		M-60	5						00:25:16	**00:51:49.95**	**00:51:49.95**	+00:17:51 (34.4%)	5:10	11.6 (65.5%)
149	**CHARLEJ Ireneusz**	**63**	WIECZORNE BIEGANIE W SZCZECINIE	M-50	14				Tak		00:24:45	**00:51:50.55**	**00:51:50.55**	+00:17:51 (34.5%)	5:11	11.6 (65.5%)
150	**DRÓŻDŻ Mariusz**	**85**	MJD TEAM	M-40	42						00:24:41	**00:51:51.75**	**00:51:51.75**	+00:17:52 (34.5%)	5:11	11.6 (65.5%)
151	**MATYS Michał**	**308**		M-30	45						00:25:20	**00:51:54.40**	**00:51:54.40**	+00:17:55 (34.5%)	5:11	11.6 (65.5%)
152	**NOWIK Arkadiusz**	**351**		M-40	43						00:25:14	**00:51:58.30**	**00:51:58.30**	+00:17:59 (34.6%)	5:11	11.5 (65.0%)
153	**HAŁUSZKO Szymon**	**610**	DEMANT	M-30	46						00:25:56	**00:52:01.10**	**00:52:01.10**	+00:18:02 (34.7%)	5:12	11.5 (65.0%)
154	**PIĄTKOWSKI Mariusz**	**383**	GRYFUS SZCZECIN	M-40	44		Tak				00:25:23	**00:52:02.35**	**00:52:02.35**	+00:18:03 (34.7%)	5:12	11.5 (65.0%)
155	**POLECHONSKI Kamil**	**410**	OSEMKOWA PETARDA	M-40	45		Tak				00:25:55	**00:52:06.10**	**00:52:06.10**	+00:18:07 (34.8%)	5:12	11.5 (65.0%)
155	**WARWAS Agata**	**541**	BIEGACZE ŚWINOUJŚCIE	K-40	6						00:25:29	**00:52:06.10**	**00:52:06.10**	+00:18:07 (34.8%)	5:12	11.5 (65.0%)
157	**BIS Michał**	**32**		M-40	46						00:24:19	**00:52:10.40**	**00:52:10.40**	+00:18:11 (34.9%)	5:13	11.5 (65.0%)
158	**TROJANOWSKI Tomasz**	**526**		M-40	47						00:25:15	**00:52:12.80**	**00:52:12.80**	+00:18:14 (34.9%)	5:13	11.5 (65.0%)
159	**PIOTROWSKI Piotr**	**395**	TENET	M-40	48		Tak			Tenet	00:25:26	**00:52:16.70**	**00:52:16.70**	+00:18:17 (35.0%)	5:13	11.5 (65.0%)
160	**PIĄTEK Krystian**	**382**		M-40	49						00:26:06	**00:52:20.85**	**00:52:20.85**	+00:18:22 (35.1%)	5:14	11.5 (65.0%)
161	**SKIBA Michał**	**463**	WY-BIEGANI SZCZECIN	M-30	47					Wy-Biegani Szczecin 2	00:25:20	**00:52:21.75**	**00:52:21.75**	+00:18:22 (35.1%)	5:14	11.5 (65.0%)
162	**MADEJ Anna**	**292**	UKL ÓSEMKA POLICE	K-30	18						00:25:27	**00:52:24.10**	**00:52:24.10**	+00:18:25 (35.2%)	5:14	11.5 (65.0%)
163	**KOTOWSKI Dominik**	**606**	DEMANT	M-30	48						00:25:22	**00:52:36.75**	**00:52:36.75**	+00:18:37 (35.4%)	5:15	11.4 (64.4%)
164	**PENTELA Mariusz**	**381**		M-40	50		Tak				00:25:32	**00:52:48.95**	**00:52:48.95**	+00:18:50 (35.7%)	5:16	11.4 (64.4%)
165	**JĘDRUSZEK Artur**	**169**		M-30	49						00:26:02	**00:52:51.85**	**00:52:51.85**	+00:18:53 (35.7%)	5:17	11.4 (64.4%)
166	**WOJSZCZYK Michał**	**561**	BRIDGESTONE STARGARD RUNNERS	M-30	50						00:26:01	**00:53:00.50**	**00:53:00.50**	+00:19:01 (35.9%)	5:18	11.3 (63.8%)
167	**PIOTROWSKI Arkadiusz**	**394**		M-30	51						00:25:33	**00:53:10.50**	**00:53:10.50**	+00:19:11 (36.1%)	5:19	11.3 (63.8%)
168	**WOJCIECHOWSKA Wanda**	**560**		K-50	1						00:25:33	**00:53:14.00**	**00:53:14.00**	+00:19:15 (36.2%)	5:19	11.3 (63.8%)
169	**CHARĘZA Marcin**	**62**	ZAWADZKIEGO SZCZECIN	M-40	51						00:25:44	**00:53:15.30**	**00:53:15.30**	+00:19:16 (36.2%)	5:19	11.3 (63.8%)
170	**MADRAK Anna**	**293**	BBL TEAM POLICE/HULKTEAM POLICE	K-40	7		Tak		Tak		00:25:32	**00:53:18.65**	**00:53:18.65**	+00:19:19 (36.3%)	5:19	11.3 (63.8%)
171	**KOZANECKA Iwona**	**227**		K-60	1						00:26:09	**00:53:19.50**	**00:53:19.50**	+00:19:20 (36.3%)	5:19	11.3 (63.8%)
172	**DANILEWICZ Wojciech**	**75**	WIECZORNE BIEGANIE W SZCZECINIE	M-50	15						00:25:55	**00:53:26.55**	**00:53:26.55**	+00:19:27 (36.4%)	5:20	11.2 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
173	**BŁAŻ Andrzej**	**34**		M-50	16						00:25:50	**00:53:44.45**	**00:53:44.45**	+00:19:45 (36.8%)	5:22	11.2 (63.3%)
174	**LĄCZAK Justyna**	**265**	ASSECO ACTIVE TEAM	K-40	8						00:25:52	**00:53:46.50**	**00:53:46.50**	+00:19:47 (36.8%)	5:22	11.2 (63.3%)
175	**ZIELIŃSKI Mariusz**	**587**		M-30	52		Tak				00:25:12	**00:53:49.45**	**00:53:49.45**	+00:19:50 (36.9%)	5:22	11.1 (62.7%)
176	**GIETKO Piotr**	**120**	MIĘTUSY	M-40	52			Tak			00:26:24	**00:53:50.50**	**00:53:50.50**	+00:19:51 (36.9%)	5:23	11.1 (62.7%)
177	**SĘK Dariusz**	**457**	MIĘTUSY	M-40	53						00:26:24	**00:53:52.05**	**00:53:52.05**	+00:19:53 (36.9%)	5:23	11.1 (62.7%)
178	**ZALEJSKI Tomasz**	**576**		M-40	54						00:25:10	**00:53:52.50**	**00:53:52.50**	+00:19:53 (36.9%)	5:23	11.1 (62.7%)
179	**JANKA Aleksandra**	**159**	GRUPA AZOTY	K-20	5		Tak	Tak			00:26:00	**00:53:54.55**	**00:53:54.55**	+00:19:55 (37.0%)	5:23	11.1 (62.7%)
180	**NOGAJ Krzysztof**	**346**	WY-BIEGANI SZCZECIN	M-30	53					Wy-Biegani Szczecin 2	00:26:15	**00:53:58.20**	**00:53:58.20**	+00:19:59 (37.0%)	5:23	11.1 (62.7%)
181	**BIEŃCZYK Iwona**	**30**	WY-BIEGANI SZCZECIN	K-40	9					Wy-Biegani Szczecin 2	00:25:17	**00:53:58.55**	**00:53:58.55**	+00:19:59 (37.0%)	5:23	11.1 (62.7%)
182	**KŁACZKIEWICZ Alicja**	**207**	WY-BIEGANI SZCZECIN	K-30	19					Wy-Biegani Szczecin 2	00:25:56	**00:54:06.00**	**00:54:06.00**	+00:20:07 (37.2%)	5:24	11.1 (62.7%)
183	**ŁUKASIEWICZ Robert**	**285**		M-50	17						00:26:21	**00:54:09.20**	**00:54:09.20**	+00:20:10 (37.3%)	5:24	11.1 (62.7%)
184	**PIECHOCKI Michał**	**384**		M-30	54		Tak				00:25:25	**00:54:12.85**	**00:54:12.85**	+00:20:14 (37.3%)	5:25	11.1 (62.7%)
185	**WÓJTOWICZ Jerzy**	**569**	NIENAWIDZĘ BIEGAĆ	M-40	55						00:25:09	**00:54:16.60**	**00:54:16.60**	+00:20:17 (37.4%)	5:25	11.1 (62.7%)
186	**ŻYLUK Bożena**	**599**	WIECZORNE BIEGANIE W SZCZECINIE	K-50	2						00:26:54	**00:54:17.10**	**00:54:17.10**	+00:20:18 (37.4%)	5:25	11.1 (62.7%)
187	**WALCZAK Tadeusz**	**535**	GRUPA AZOTY	M-50	18		Tak				00:25:38	**00:54:21.90**	**00:54:21.90**	+00:20:23 (37.5%)	5:26	11 (62.1%)
188	**PIOTROWSKA Aleksandra**	**391**		K-30	20						00:26:23	**00:54:22.15**	**00:54:22.15**	+00:20:23 (37.5%)	5:26	11 (62.1%)
189	**ZIÓŁKOWSKA Andzelika**	**590**	KB HERMES GRYFINO	K-30	21		Tak			KB Hermes Gryfino 2	00:26:25	**00:54:26.65**	**00:54:26.65**	+00:20:27 (37.6%)	5:26	11 (62.1%)
190	**STĘPNIAK Lesław**	**480**		M-40	56					SKB DZIK	00:26:55	**00:54:26.90**	**00:54:26.90**	+00:20:28 (37.6%)	5:26	11 (62.1%)
191	**NADOLNY Dawid**	**334**	PARKRUN SZCZECIN	M-16	4	Nadolni				Nadolny Team	00:28:20	**00:54:31.05**	**00:54:31.05**	+00:20:32 (37.7%)	5:27	11 (62.1%)
192	**KOZMIC Ryszard**	**233**		M-60	6		Tak				00:26:10	**00:54:38.15**	**00:54:38.15**	+00:20:39 (37.8%)	5:27	11 (62.1%)
193	**KIERNOŻYCKI Mateusz**	**198**		M-40	57		Tak				00:26:42	**00:54:42.00**	**00:54:42.00**	+00:20:43 (37.9%)	5:28	11 (62.1%)
194	**RUMOWSKI Tomek**	**442**	TE	M-40	58						00:25:35	**00:54:43.60**	**00:54:43.60**	+00:20:44 (37.9%)	5:28	11 (62.1%)
195	**STRĄK Izabela**	**481**	WIECZORNE BIEGANIE W SZCZECINIE	K-40	10						00:27:05	**00:54:43.80**	**00:54:43.80**	+00:20:45 (37.9%)	5:28	11 (62.1%)
196	**RAKOWSKI Piotr**	**427**		M-60	7		Tak				00:25:18	**00:54:44.05**	**00:54:44.05**	+00:20:45 (37.9%)	5:28	11 (62.1%)
197	**RĘBISZ Jan**	**431**		M-50	19						00:26:21	**00:54:44.60**	**00:54:44.60**	+00:20:45 (37.9%)	5:28	11 (62.1%)
198	**GOLARA Anna**	**121**		K-20	6						00:26:07	**00:54:45.50**	**00:54:45.50**	+00:20:46 (37.9%)	5:28	11 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
199	**NOWAKOWSKI Dawid**	**350**		M-30	55						00:26:29	**00:54:47.50**	**00:54:47.50**	+00:20:48 (38.0%)	5:28	11 (62.1%)
200	**MILEWSKI Adrian**	**323**	DECATHLON SZCZECIN	M-30	56					Decathlon Szczecin	00:27:19	**00:54:53.75**	**00:54:53.75**	+00:20:54 (38.1%)	5:29	10.9 (61.6%)
201	**HANKE Patryk**	**146**	DECATHLON SZCZECIN	M-20	17					Decathlon Szczecin	00:27:19	**00:54:53.95**	**00:54:53.95**	+00:20:55 (38.1%)	5:29	10.9 (61.6%)
202	**KOŁTUN Wojtek**	**211**	WIECZORNE BIEGANIE W SZCZECINIE	M-50	20						00:28:17	**00:54:54.35**	**00:54:54.35**	+00:20:55 (38.1%)	5:29	10.9 (61.6%)
203	**WASILEWSKI Ryszard**	**542**	KALINOWSKITEAM UKL ÓSEMKA POLICE	M-60	8		Tak				00:25:31	**00:54:54.80**	**00:54:54.80**	+00:20:56 (38.1%)	5:29	10.9 (61.6%)
204	**DOBRYCKI Piotr**	**83**	BRIDGESTONE RUNNERS STARGARD	M-40	59						00:26:56	**00:54:58.45**	**00:54:58.45**	+00:20:59 (38.2%)	5:29	10.9 (61.6%)
205	**KRÓLAK Beata**	**238**	SP8 POLICE	K-60	2		Tak				00:26:48	**00:55:02.30**	**00:55:02.30**	+00:21:03 (38.3%)	5:30	10.9 (61.6%)
206	**BRATKO Przemysław**	**47**		M-30	57						00:26:29	**00:55:04.50**	**00:55:04.50**	+00:21:05 (38.3%)	5:30	10.9 (61.6%)
207	**MARCINIAK Monika**	**302**	BBL LASY BOGDANIEC	K-40	11						00:26:50	**00:55:15.10**	**00:55:15.10**	+00:21:16 (38.5%)	5:31	10.9 (61.6%)
208	**BAGIŃSKA Marta**	**17**		K-40	12					Zółwiki w pogoni	00:27:24	**00:55:18.05**	**00:55:18.05**	+00:21:19 (38.6%)	5:31	10.8 (61.0%)
209	**SWOBODA Piotr**	**486**	LOVELASY	M-40	60		Tak			LoveLasy	00:27:13	**00:55:19.30**	**00:55:19.30**	+00:21:20 (38.6%)	5:31	10.8 (61.0%)
210	**CZERWIŃSKI Dariusz**	**68**	LOVELASY	M-50	21		Tak		Tak	LoveLasy	00:27:13	**00:55:19.80**	**00:55:19.80**	+00:21:21 (38.6%)	5:31	10.8 (61.0%)
211	**STRZYGA Mariusz**	**483**		M-40	61						00:26:21	**00:55:22.70**	**00:55:22.70**	+00:21:23 (38.6%)	5:32	10.8 (61.0%)
212	**DUDZIŃSKI Kamil**	**91**		M-30	58						00:27:28	**00:55:27.55**	**00:55:27.55**	+00:21:28 (38.7%)	5:32	10.8 (61.0%)
213	**PIECZYŃSKI Krzysztof**	**387**		M-60	9						00:27:55	**00:55:37.35**	**00:55:37.35**	+00:21:38 (38.9%)	5:33	10.8 (61.0%)
214	**GEMBICKA Małgorzata**	**117**	WILKI Z CIECHOCINKA	K-40	13						00:27:20	**00:55:38.95**	**00:55:38.95**	+00:21:40 (38.9%)	5:33	10.8 (61.0%)
215	**JASIUCHNA Aleksandra**	**162**		K-30	22						00:27:32	**00:55:39.25**	**00:55:39.25**	+00:21:40 (38.9%)	5:33	10.8 (61.0%)
216	**BRUNKE Jarosław**	**48**		M-30	59						00:28:00	**00:55:39.95**	**00:55:39.95**	+00:21:41 (39.0%)	5:33	10.8 (61.0%)
217	**SIWEK Jarek**	**461**	PARKRUN SZCZECIN	M-50	22	Nadolni				Nadolny Team	00:27:34	**00:55:42.45**	**00:55:42.45**	+00:21:43 (39.0%)	5:34	10.8 (61.0%)
218	**SZEWCZYK Tomek**	**497**	WY-BIEGANI SZCZECIN	M-40	62					Wy-Biegani Szczecin 2	00:26:33	**00:55:51.10**	**00:55:51.10**	+00:21:52 (39.2%)	5:35	10.7 (60.5%)
219	**NAREJKO Paweł**	**336**		M-30	60		Tak				00:26:32	**00:55:52.95**	**00:55:52.95**	+00:21:54 (39.2%)	5:35	10.7 (60.5%)
220	**WARDĘGA Monika**	**539**	KB HERMES	K-30	23					KB Hermes Gryfino 2	00:25:54	**00:55:53.25**	**00:55:53.25**	+00:21:54 (39.2%)	5:35	10.7 (60.5%)
221	**KOWALSKA Anna**	**225**	KB HERMES GRYFINO	K-40	14					KB Hermes Gryfino 2	00:25:54	**00:55:53.45**	**00:55:53.45**	+00:21:54 (39.2%)	5:35	10.7 (60.5%)
222	**SOJKA Adam**	**469**	BRAK	M-20	18				Tak		00:26:14	**00:55:53.95**	**00:55:53.95**	+00:21:55 (39.2%)	5:35	10.7 (60.5%)
223	**OSMAN Marcin**	**365**		M-30	61						00:28:09	**00:55:56.60**	**00:55:56.60**	+00:21:57 (39.3%)	5:35	10.7 (60.5%)
224	**BARANOWSKA Anna**	**21**	SAVAGES	K-30	24		Tak	Tak		SAVAGES	00:27:26	**00:55:59.60**	**00:55:59.60**	+00:22:00 (39.3%)	5:35	10.7 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
225	**BARANOWSKI Maciej**	**22**	SAVAGES	M-30	62		Tak			SAVAGES	00:27:25	**00:55:59.70**	**00:55:59.70**	+00:22:00 (39.3%)	5:35	10.7 (60.5%)
226	**ROSZATYCKI Łukasz**	**439**		M-40	63						00:27:35	**00:56:00.20**	**00:56:00.20**	+00:22:01 (39.3%)	5:36	10.7 (60.5%)
227	**PASŁAWSKI Filip**	**371**		M-20	19						00:27:40	**00:56:01.05**	**00:56:01.05**	+00:22:02 (39.3%)	5:36	10.7 (60.5%)
228	**JURYS Krzysztof**	**177**		M-50	23						00:27:25	**00:56:08.45**	**00:56:08.45**	+00:22:09 (39.5%)	5:36	10.7 (60.5%)
229	**OSMAN Tomasz**	**366**	FC ŻYRAFY	M-30	63		Tak				00:28:11	**00:56:10.85**	**00:56:10.85**	+00:22:12 (39.5%)	5:37	10.7 (60.5%)
230	**WILIŃSKI Marek**	**553**		M-60	10						00:28:36	**00:56:12.80**	**00:56:12.80**	+00:22:14 (39.6%)	5:37	10.7 (60.5%)
230	**AUGUSTYNIAK Grzegorz**	**16**	UKL FENIKS ŚWIDWIN	M-40	64						00:28:35	**00:56:12.80**	**00:56:12.80**	+00:22:14 (39.6%)	5:37	10.7 (60.5%)
232	**KLABAN Szymon**	**201**		M-40	65						00:27:50	**00:56:13.15**	**00:56:13.15**	+00:22:14 (39.6%)	5:37	10.7 (60.5%)
233	**ZELEK-PAŁOSZ Magdalena**	**584**		K-40	15						00:28:17	**00:56:22.70**	**00:56:22.70**	+00:22:23 (39.7%)	5:38	10.6 (59.9%)
234	**PIOTROWSKA Dorota**	**392**		K-30	25		Tak				00:27:57	**00:56:24.30**	**00:56:24.30**	+00:22:25 (39.8%)	5:38	10.6 (59.9%)
235	**GORZKA Kamila**	**124**	GRUPA AZOTY	K-40	16		Tak				00:27:15	**00:56:27.25**	**00:56:27.25**	+00:22:28 (39.8%)	5:38	10.6 (59.9%)
236	**KRAWCZYK Jerzy**	**236**		M-50	24						00:26:50	**00:56:29.90**	**00:56:29.90**	+00:22:31 (39.9%)	5:38	10.6 (59.9%)
237	**DYDEK Arkadiusz**	**94**	SKB DZIK	M-20	20	Dydek			Tak	SKB DZIK	00:25:29	**00:56:37.30**	**00:56:37.30**	+00:22:38 (40.0%)	5:39	10.6 (59.9%)
238	**HERMANOWICZ Miłosz**	**604**	DEMANT	M-30	64						00:26:58	**00:56:38.30**	**00:56:38.30**	+00:22:39 (40.0%)	5:39	10.6 (59.9%)
239	**BRZESKOT Marek**	**49**		M-40	66						00:28:04	**00:56:39.45**	**00:56:39.45**	+00:22:40 (40.0%)	5:39	10.6 (59.9%)
240	**SOWA Krzysztof**	**472**	ZWIEDZANIE PRZEZ BIEGANIE / TRASHMAGEDDON	M-30	65						00:28:20	**00:56:39.70**	**00:56:39.70**	+00:22:40 (40.0%)	5:39	10.6 (59.9%)
241	**KIJO ŁYDKA Magdalena**	**199**		K-40	17						00:27:41	**00:56:42.80**	**00:56:42.80**	+00:22:44 (40.1%)	5:40	10.6 (59.9%)
242	**ŁYDKA Sylwester**	**287**		M-40	67				Tak		00:27:41	**00:56:42.95**	**00:56:42.95**	+00:22:44 (40.1%)	5:40	10.6 (59.9%)
243	**KĘSICKA-BLOCH Aneta**	**196**		K-40	18						00:27:16	**00:56:43.00**	**00:56:43.00**	+00:22:44 (40.1%)	5:40	10.6 (59.9%)
244	**PRZEZAK Agnieszka**	**419**		K-20	7		Tak				00:27:56	**00:56:45.75**	**00:56:45.75**	+00:22:46 (40.1%)	5:40	10.6 (59.9%)
245	**OPALUCH Grzegorz**	**363**	SZCZECIŃSKA ENERGETYKA CIEPLNA	M-40	68						00:28:19	**00:56:48.65**	**00:56:48.65**	+00:22:49 (40.2%)	5:40	10.6 (59.9%)
246	**LITRA Mateusz**	**278**		M-30	66						00:27:43	**00:56:59.30**	**00:56:59.30**	+00:23:00 (40.4%)	5:41	10.5 (59.3%)
247	**JAWORSKA Aleksandra**	**165**	BIEGACZE ŚWINOUJŚCIE	K-40	19						00:29:33	**00:56:59.45**	**00:56:59.45**	+00:23:00 (40.4%)	5:41	10.5 (59.3%)
248	**SOWISZ Adrianna**	**474**		K-20	8					SOWISZ TEAM	00:27:53	**00:57:06.45**	**00:57:06.45**	+00:23:07 (40.5%)	5:42	10.5 (59.3%)
249	**WARNIEŁŁO Adriana**	**540**		K-40	20					Żółwiki w pogoni	00:27:37	**00:57:11.65**	**00:57:11.65**	+00:23:12 (40.6%)	5:43	10.5 (59.3%)
250	**KOLSKA Lena**	**607**	DEMANT	K-30	26						00:27:34	**00:57:17.65**	**00:57:17.65**	+00:23:18 (40.7%)	5:43	10.5 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
251	**NIEWADZIK Ula**	**343**		K-50	3						00:27:37	**00:57:21.70**	**00:57:21.70**	+00:23:22 (40.8%)	5:44	10.5 (59.3%)
252	**PRUSZANOW Marcin**	**416**	KB HERMES GRYFINO	M-40	69					KB Hermes Gryfino	00:28:33	**00:57:21.90**	**00:57:21.90**	+00:23:23 (40.8%)	5:44	10.5 (59.3%)
253	**KRUCZKOWSKI Maciej**	**241**		M-50	25						00:29:04	**00:57:32.05**	**00:57:32.05**	+00:23:33 (40.9%)	5:45	10.4 (58.8%)
254	**KRUCZKOWSKA Agnieszka**	**239**		K-50	4						00:29:03	**00:57:32.25**	**00:57:32.25**	+00:23:33 (40.9%)	5:45	10.4 (58.8%)
255	**ŁEBKOWSKI Karol**	**281**	WILKI Z CIECHOCINKA	M-40	70						00:27:35	**00:57:52.45**	**00:57:52.45**	+00:23:53 (41.3%)	5:47	10.4 (58.8%)
256	**BRZEZIŃSKA Dorota**	**50**	RAZ SZCZECIN	K-50	5		Tak				00:28:13	**00:57:54.65**	**00:57:54.65**	+00:23:55 (41.3%)	5:47	10.4 (58.8%)
257	**PRYMELSKI Jarosław**	**418**		M-30	67						00:28:38	**00:57:56.15**	**00:57:56.15**	+00:23:57 (41.3%)	5:47	10.4 (58.8%)
258	**WRZOSEK Kamil**	**572**		M-20	21						00:29:04	**00:57:56.55**	**00:57:56.55**	+00:23:57 (41.4%)	5:47	10.4 (58.8%)
258	**KRUCZKOWSKA Malwina**	**240**		K-20	9						00:29:04	**00:57:56.55**	**00:57:56.55**	+00:23:57 (41.4%)	5:47	10.4 (58.8%)
260	**SZCZEPANIAK Izabela**	**493**		K-30	27						00:29:13	**00:58:00.65**	**00:58:00.65**	+00:24:01 (41.4%)	5:48	10.3 (58.2%)
261	**CZYCZYN Angelika**	**70**	POCHMURNI DREPTACZE	K-30	28		Tak				00:28:20	**00:58:01.65**	**00:58:01.65**	+00:24:02 (41.4%)	5:48	10.3 (58.2%)
262	**GROBELSKA Dominika**	**130**		K-20	10					Decathlon Szczecin	00:27:46	**00:58:11.70**	**00:58:11.70**	+00:24:12 (41.6%)	5:49	10.3 (58.2%)
263	**KISIEL Kamila**	**200**	BRIDGESTONE STARGARD	K-20	11						00:27:58	**00:58:13.75**	**00:58:13.75**	+00:24:14 (41.6%)	5:49	10.3 (58.2%)
264	**REINHOLZ Elżbieta**	**429**		K-40	21						00:27:24	**00:58:19.60**	**00:58:19.60**	+00:24:20 (41.7%)	5:49	10.3 (58.2%)
265	**RUDZEWICZ Mariusz**	**441**		M-30	68				Tak		00:27:52	**00:58:22.75**	**00:58:22.75**	+00:24:23 (41.8%)	5:50	10.3 (58.2%)
266	**MARCHELEWSKI Artur**	**300**	EKSPERT SYSTEMY INFORMATYCZNE	M-50	26						00:29:01	**00:58:24.35**	**00:58:24.35**	+00:24:25 (41.8%)	5:50	10.3 (58.2%)
267	**TRZASZCZKA Pamela**	**528**	DECATHLON SZCZECIN	K-20	12					Decathlon Szczecin	00:27:44	**00:58:33.25**	**00:58:33.25**	+00:24:34 (42.0%)	5:51	10.2 (57.6%)
268	**MAJCHRZYK Marta**	**296**		K-20	13						00:27:35	**00:58:35.55**	**00:58:35.55**	+00:24:36 (42.0%)	5:51	10.2 (57.6%)
269	**DUDENKO Jerzy**	**88**	DUDKITEAM	M-40	71						00:32:43	**00:58:43.65**	**00:58:43.65**	+00:24:44 (42.1%)	5:52	10.2 (57.6%)
270	**BOCHEN Izabela**	**36**		K-40	22				Tak		00:28:34	**00:58:44.70**	**00:58:44.70**	+00:24:45 (42.2%)	5:52	10.2 (57.6%)
271	**PRZYBYSZ Marcin**	**421**	PRZYBYSZ FAMILY	M-40	72				Tak		00:29:11	**00:58:47.95**	**00:58:47.95**	+00:24:49 (42.2%)	5:52	10.2 (57.6%)
272	**KIERNOŻYCKA Kasia**	**197**		K-40	23					Bosman Szczecin	00:27:41	**00:58:52.90**	**00:58:52.90**	+00:24:54 (42.3%)	5:53	10.2 (57.6%)
273	**ROBAK Aleksandra**	**433**	DECATHLON SZCZECIN	K-30	29					Decathlon Szczecin	00:28:58	**00:59:02.90**	**00:59:02.90**	+00:25:04 (42.5%)	5:54	10.2 (57.6%)
274	**CHMIELEWSKA Agnieszka**	**64**	CHMIELEWSKI TEAM - BBL POLICE	K-40	24		Tak			BBL Police	00:28:45	**00:59:12.10**	**00:59:12.10**	+00:25:13 (42.6%)	5:55	10.1 (57.1%)
275	**KOMOROWSKI Michał**	**214**		M-30	69						00:27:49	**00:59:14.40**	**00:59:14.40**	+00:25:15 (42.6%)	5:55	10.1 (57.1%)
276	**WITORZĘĆ Dariusz**	**558**		M-40	73		Tak				00:28:26	**00:59:14.70**	**00:59:14.70**	+00:25:15 (42.6%)	5:55	10.1 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
277	**KOŁUCKI Arkadiusz**	**213**		M-30	70				Tak		00:28:16	**00:59:19.25**	**00:59:19.25**	+00:25:20 (42.7%)	5:55	10.1 (57.1%)
278	**KOŁUCKA Jowita**	**212**		K-20	14						00:28:16	**00:59:19.30**	**00:59:19.30**	+00:25:20 (42.7%)	5:55	10.1 (57.1%)
279	**KUBIAK Michał**	**251**		M-40	74						00:29:03	**00:59:21.55**	**00:59:21.55**	+00:25:22 (42.8%)	5:56	10.1 (57.1%)
280	**OLEŚKIEWICZ Michał**	**359**	WY-BIEGANI SZCZECIN	M-40	75					Wy-Biegani Szczecin 3	00:28:37	**00:59:23.20**	**00:59:23.20**	+00:25:24 (42.8%)	5:56	10.1 (57.1%)
281	**BURCHARD-KUCA Anita**	**59**		K-30	30				Tak		00:29:25	**00:59:31.90**	**00:59:31.90**	+00:25:33 (42.9%)	5:57	10.1 (57.1%)
282	**KUCA Łukasz**	**252**		M-30	71						00:29:25	**00:59:32.05**	**00:59:32.05**	+00:25:33 (42.9%)	5:57	10.1 (57.1%)
283	**JĘDRUCH Rafał**	**168**		M-40	76						00:29:08	**00:59:39.45**	**00:59:39.45**	+00:25:40 (43.0%)	5:57	10.1 (57.1%)
284	**KOZACZUK Grzegorz**	**226**		M-40	77						00:28:47	**00:59:40.55**	**00:59:40.55**	+00:25:41 (43.1%)	5:58	10.1 (57.1%)
285	**JAŚKIEWICZ Katarzyna**	**164**	RAZ SZCZECIN	K-40	25						00:28:19	**00:59:40.95**	**00:59:40.95**	+00:25:42 (43.1%)	5:58	10.1 (57.1%)
286	**HAJDUKIEWICZ Jarosław**	**141**		M-50	27		Tak				00:28:52	**01:00:02.20**	**01:00:02.20**	+00:26:03 (43.4%)	6:00	10 (56.5%)
287	**JURYS Elzbieta**	**178**		K-50	6						00:29:09	**01:00:06.50**	**01:00:06.50**	+00:26:07 (43.5%)	6:00	10 (56.5%)
288	**WIEDRO Katarzyna**	**551**		K-40	26						00:29:15	**01:00:07.65**	**01:00:07.65**	+00:26:08 (43.5%)	6:00	10 (56.5%)
289	**DUNOWSKI Przemysław**	**93**		M-50	28						00:28:55	**01:00:09.45**	**01:00:09.45**	+00:26:10 (43.5%)	6:00	10 (56.5%)
290	**DĘBICKI Jakub**	**78**		M-20	22		Tak				00:30:42	**01:00:16.10**	**01:00:16.10**	+00:26:17 (43.6%)	6:01	10 (56.5%)
291	**MAJ Anna**	**295**	WIECZORNE BIEGANIE W SZCZECINIE	K-40	27						00:30:26	**01:00:16.50**	**01:00:16.50**	+00:26:17 (43.6%)	6:01	10 (56.5%)
292	**PRZYBYSZ Jakub**	**420**		M-20	23		Tak				00:30:42	**01:00:16.65**	**01:00:16.65**	+00:26:17 (43.6%)	6:01	10 (56.5%)
293	**OSTROWSKA Ewelina**	**367**	OSTRATEAM	K-30	31					OstraTeam	00:28:45	**01:00:28.15**	**01:00:28.15**	+00:26:29 (43.8%)	6:02	9.9 (55.9%)
294	**BŁAŻEJEWSKA-JANNASZ Kamila**	**35**		K-30	32		Tak				00:29:41	**01:00:28.25**	**01:00:28.25**	+00:26:29 (43.8%)	6:02	9.9 (55.9%)
295	**SAKOWICZ Anna**	**451**	OSTRA TEAM	K-40	28					OstraTeam	00:28:45	**01:00:28.35**	**01:00:28.35**	+00:26:29 (43.8%)	6:02	9.9 (55.9%)
296	**SZOSTAK Daniel**	**503**		M-40	78						00:28:50	**01:00:32.40**	**01:00:32.40**	+00:26:33 (43.9%)	6:03	9.9 (55.9%)
297	**ROSZAK Weronika**	**437**	CIUWER TEAM	K-30	33						00:29:16	**01:00:34.75**	**01:00:34.75**	+00:26:35 (43.9%)	6:03	9.9 (55.9%)
298	**PODWALSKI Piotr**	**404**		M-30	72						00:28:53	**01:00:42.10**	**01:00:42.10**	+00:26:43 (44.0%)	6:04	9.9 (55.9%)
299	**HANĆ Ryszard**	**145**	NIEZRZESZONY	M-50	29						00:30:37	**01:00:49.60**	**01:00:49.60**	+00:26:50 (44.1%)	6:04	9.9 (55.9%)
300	**MIKULSKA GAWLE Karina**	**320**	UNITY LINE	K-40	29						00:30:10	**01:00:55.35**	**01:00:55.35**	+00:26:56 (44.2%)	6:05	9.8 (55.4%)
301	**KUBASIK Waldemar**	**249**	BOSMAN SZCZECIN	M-60	11					Bosman Szczecin	00:28:13	**01:00:55.60**	**01:00:55.60**	+00:26:56 (44.2%)	6:05	9.8 (55.4%)
302	**JENDRZEJCZAK Rafał**	**167**		M-40	79		Tak				00:30:20	**01:00:57.70**	**01:00:57.70**	+00:26:58 (44.3%)	6:05	9.8 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
303	**JARCZEWSKI Damian**	**160**	KB DORACO	M-30	73		Tak				00:29:19	**01:00:58.10**	**01:00:58.10**	+00:26:59 (44.3%)	6:05	9.8 (55.4%)
304	**PILAWSKI Piotr**	**389**		M-30	74						00:28:51	**01:01:04.80**	**01:01:04.80**	+00:27:06 (44.4%)	6:06	9.8 (55.4%)
305	**BRANICA Hanna**	**46**		K-40	30						00:30:06	**01:01:12.70**	**01:01:12.70**	+00:27:13 (44.5%)	6:07	9.8 (55.4%)
306	**NAGOT Roger**	**335**		M-30	75						00:28:39	**01:01:13.30**	**01:01:13.30**	+00:27:14 (44.5%)	6:07	9.8 (55.4%)
307	**SZOPA-POPPEL Agnieszka**	**502**	BIEGACZE ŚWINOUJŚCIE	K-40	31						00:29:58	**01:01:17.15**	**01:01:17.15**	+00:27:18 (44.6%)	6:07	9.8 (55.4%)
308	**SZMELING Grzegorz**	**499**		M-40	80						00:29:58	**01:01:18.20**	**01:01:18.20**	+00:27:19 (44.6%)	6:07	9.8 (55.4%)
309	**ZAWADZKI Andrzej**	**581**	TENET	M-20	24					Tenet	00:29:17	**01:01:21.00**	**01:01:21.00**	+00:27:22 (44.6%)	6:08	9.8 (55.4%)
310	**MRÓZ Aleksandra**	**328**	MOCZYLSKIE DIABLICE	K-40	32		Tak			Moczylskie Diablice	00:30:20	**01:01:22.15**	**01:01:22.15**	+00:27:23 (44.6%)	6:08	9.8 (55.4%)
311	**TOMCZYK Krzysztof**	**520**		M-40	81		Tak				00:31:51	**01:01:22.60**	**01:01:22.60**	+00:27:23 (44.6%)	6:08	9.8 (55.4%)
312	**ZIENDA Magdalena**	**588**	EXTREMEWOLF	K-40	33					ExtremeWolf	00:30:27	**01:01:22.85**	**01:01:22.85**	+00:27:24 (44.6%)	6:08	9.8 (55.4%)
313	**WOŁKOWICZ Anna**	**564**	DRUŻYNA G	K-30	34		Tak				00:30:20	**01:01:25.55**	**01:01:25.55**	+00:27:26 (44.7%)	6:08	9.8 (55.4%)
314	**BOLEŃ Michał**	**38**		M-20	25						00:29:25	**01:01:26.05**	**01:01:26.05**	+00:27:27 (44.7%)	6:08	9.8 (55.4%)
314	**FIGURA Krzysztof**	**103**		M-20	25						00:29:09	**01:01:26.05**	**01:01:26.05**	+00:27:27 (44.7%)	6:08	9.8 (55.4%)
316	**BOLEŃ Zuzanna**	**37**		K-20	15						00:29:37	**01:01:26.80**	**01:01:26.80**	+00:27:28 (44.7%)	6:08	9.8 (55.4%)
317	**PUNA Artur**	**424**		M-30	76		Tak				00:29:59	**01:01:27.20**	**01:01:27.20**	+00:27:28 (44.7%)	6:08	9.8 (55.4%)
318	**KUKOWSKI Łukasz**	**257**	ŚWINOUJSCIE	M-40	82				Tak		00:31:12	**01:01:28.10**	**01:01:28.10**	+00:27:29 (44.7%)	6:08	9.8 (55.4%)
319	**WARAKSA Anna**	**537**	HACJENDA	K-40	34		Tak				00:30:33	**01:01:30.75**	**01:01:30.75**	+00:27:31 (44.8%)	6:09	9.8 (55.4%)
320	**NADOLNA Monika**	**332**	PARKRUN SZCZECIN	K-40	35	Nadolni				Nadolny Team	00:30:50	**01:01:36.75**	**01:01:36.75**	+00:27:37 (44.8%)	6:09	9.7 (54.8%)
321	**HALEJCIO Stefan**	**142**	MODLITWA BIEGANIA	M-50	30						00:30:34	**01:01:43.05**	**01:01:43.05**	+00:27:44 (44.9%)	6:10	9.7 (54.8%)
322	**KARDAŚ Anna**	**189**		K-30	35						00:30:10	**01:01:48.20**	**01:01:48.20**	+00:27:49 (45.0%)	6:10	9.7 (54.8%)
323	**DZIWISZEK Magdalena**	**97**		K-30	36						00:30:10	**01:01:48.75**	**01:01:48.75**	+00:27:49 (45.0%)	6:10	9.7 (54.8%)
324	**MARUSIEŃSKA Alicja**	**303**		K-30	37						00:30:32	**01:01:52.25**	**01:01:52.25**	+00:27:53 (45.1%)	6:11	9.7 (54.8%)
325	**JABŁONOWSKA Aleksandra**	**156**		K-30	38		Tak				00:31:28	**01:02:01.95**	**01:02:01.95**	+00:28:03 (45.2%)	6:12	9.7 (54.8%)
326	**MYSONA Małgorzata**	**331**		K-30	39		Tak				00:31:28	**01:02:02.25**	**01:02:02.25**	+00:28:03 (45.2%)	6:12	9.7 (54.8%)
327	**WIĄCEK Anna**	**548**	KOBIECE BIEGANIE	K-40	36		Tak				00:29:33	**01:02:06.85**	**01:02:06.85**	+00:28:08 (45.3%)	6:12	9.7 (54.8%)
328	**KACZMAREK Arleta**	**181**	KOBIECE BIEGANIE	K-40	37		Tak				00:29:33	**01:02:07.15**	**01:02:07.15**	+00:28:08 (45.3%)	6:12	9.7 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
329	**JENDRZEJCZAK Magdalena**	**166**	MOCZYLSKIE DIABLICE	K-40	38		Tak			Moczylskie Diablice	00:30:28	**01:02:07.45**	**01:02:07.45**	+00:28:08 (45.3%)	6:12	9.7 (54.8%)
330	**HNAT Aleksandra**	**149**		K-20	16					Ampio Team	00:31:24	**01:02:13.35**	**01:02:13.35**	+00:28:14 (45.4%)	6:13	9.6 (54.2%)
331	**FAMULSKI Mateusz**	**101**		M-20	27					Ampio Team	00:31:23	**01:02:14.50**	**01:02:14.50**	+00:28:15 (45.4%)	6:13	9.6 (54.2%)
332	**ŁUKASIEWICZ Agnieszka**	**284**		K-40	39					KB Hermes Gryfino 2	00:31:31	**01:02:16.75**	**01:02:16.75**	+00:28:17 (45.4%)	6:13	9.6 (54.2%)
333	**KUKOWSKA Małgorzata**	**256**	SWINOUJSCIE	K-30	40						00:31:11	**01:02:23.75**	**01:02:23.75**	+00:28:24 (45.5%)	6:14	9.6 (54.2%)
334	**GRYSZKA Seweryn**	**133**		M-20	28					Decathlon Szczecin	00:28:25	**01:02:28.95**	**01:02:28.95**	+00:28:30 (45.6%)	6:14	9.6 (54.2%)
335	**JAGIELNICKA Aleksandra**	**157**	WIECZORNE BIEGANIE W SZCZECINIE	K-30	41					Wieczorne Bieganie w Szczecinie	00:30:42	**01:02:34.00**	**01:02:34.00**	+00:28:35 (45.7%)	6:15	9.6 (54.2%)
336	**KLUZ Aleksandra**	**206**	WIECZORNE BIEGANIE W SZCZECIN	K-40	40					Wieczorne Bieganie w Szczecinie	00:31:00	**01:02:34.55**	**01:02:34.55**	+00:28:35 (45.7%)	6:15	9.6 (54.2%)
337	**BIELKA Weronika**	**28**		K-20	17						00:30:18	**01:02:35.60**	**01:02:35.60**	+00:28:36 (45.7%)	6:15	9.6 (54.2%)
338	**MATUŁA Magdalena**	**306**		K-30	42						00:30:58	**01:02:35.70**	**01:02:35.70**	+00:28:36 (45.7%)	6:15	9.6 (54.2%)
339	**STUDNIAREK Sylwia**	**484**		K-30	43						00:31:03	**01:02:38.65**	**01:02:38.65**	+00:28:39 (45.8%)	6:15	9.6 (54.2%)
340	**KOWALCZYK Paweł**	**221**		M-40	83						00:30:58	**01:02:39.80**	**01:02:39.80**	+00:28:41 (45.8%)	6:15	9.6 (54.2%)
341	**KORELL Klaus**	**217**	JUST CRAZY	M-60	12						00:32:24	**01:02:44.80**	**01:02:44.80**	+00:28:46 (45.8%)	6:16	9.6 (54.2%)
342	**ŚLAŹ Paulina**	**515**	SZCZECIŃSKA ENERGETYKA CIEPLNA	K-20	18						00:29:16	**01:02:57.55**	**01:02:57.55**	+00:28:58 (46.0%)	6:17	9.5 (53.7%)
343	**ŁAWKIEL Ryszard**	**279**		M-30	77						00:29:15	**01:02:57.80**	**01:02:57.80**	+00:28:59 (46.0%)	6:17	9.5 (53.7%)
344	**OLCZYK Błażej**	**356**		M-20	29						00:27:23	**01:03:00.00**	**01:03:00.00**	+00:29:01 (46.1%)	6:18	9.5 (53.7%)
345	**JAKSINA Anna**	**459**	WIECZORNE BIEGANIE W SZCZECINIE	K-40	41						00:29:17	**01:03:00.30**	**01:03:00.30**	+00:29:01 (46.1%)	6:18	9.5 (53.7%)
346	**BUDNA Anna**	**51**		K-40	42						00:30:17	**01:03:01.95**	**01:03:01.95**	+00:29:03 (46.1%)	6:18	9.5 (53.7%)
347	**BONDIA Aga**	**39**		K-40	43						00:30:24	**01:03:02.85**	**01:03:02.85**	+00:29:04 (46.1%)	6:18	9.5 (53.7%)
348	**PITURA Małgorzata**	**399**		K-40	44						00:30:25	**01:03:03.40**	**01:03:03.40**	+00:29:04 (46.1%)	6:18	9.5 (53.7%)
349	**BUDNY Wojciech**	**52**	ZEMBORWACZE MOŃKI	M-40	84						00:30:13	**01:03:04.55**	**01:03:04.55**	+00:29:05 (46.1%)	6:18	9.5 (53.7%)
350	**KĘDZIELEWSKI Łukasz**	**195**		M-40	85					Wieczorne Bieganie w Szczecinie	00:30:41	**01:03:07.80**	**01:03:07.80**	+00:29:09 (46.2%)	6:18	9.5 (53.7%)
350	**KOTLIŃSKA Monika**	**220**		K-30	44						00:30:41	**01:03:07.80**	**01:03:07.80**	+00:29:09 (46.2%)	6:18	9.5 (53.7%)
352	**KAMIŃSKA Aleksandra**	**186**		K-30	45						00:30:38	**01:03:14.60**	**01:03:14.60**	+00:29:15 (46.3%)	6:19	9.5 (53.7%)
353	**ZEMANKIEWICZ Łukasz**	**631**		M-40	86						00:30:29	**01:03:17.55**	**01:03:17.55**	+00:29:18 (46.3%)	6:19	9.5 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
354	**ŁONIEWSKA Ania**	**282**	K-RUNNERS	K-30	46						00:29:42	**01:03:20.45**	**01:03:20.45**	+00:29:21 (46.4%)	6:20	9.5 (53.7%)
355	**MAĆKOWIAK Łukasz**	**291**		M-30	78						00:28:47	**01:03:22.30**	**01:03:22.30**	+00:29:23 (46.4%)	6:20	9.5 (53.7%)
356	**REKOWSKA Danuta**	**430**		K-60	3		Tak				00:29:44	**01:03:26.70**	**01:03:26.70**	+00:29:27 (46.4%)	6:20	9.5 (53.7%)
357	**ORLON Barbara**	**364**		K-50	7						00:30:21	**01:03:29.55**	**01:03:29.55**	+00:29:30 (46.5%)	6:20	9.5 (53.7%)
358	**BAL Anna**	**18**		K-40	45		Tak				00:30:59	**01:03:32.25**	**01:03:32.25**	+00:29:33 (46.5%)	6:21	9.4 (53.1%)
359	**GURAK Tomasz**	**139**	STARGARD	M-50	31						00:29:03	**01:03:32.35**	**01:03:32.35**	+00:29:33 (46.5%)	6:21	9.4 (53.1%)
360	**KORNICKA Daria**	**218**		K-30	47		Tak				00:30:59	**01:03:33.70**	**01:03:33.70**	+00:29:34 (46.5%)	6:21	9.4 (53.1%)
361	**ZUBA Lucyna**	**592**		K-50	8						00:31:10	**01:03:36.85**	**01:03:36.85**	+00:29:38 (46.6%)	6:21	9.4 (53.1%)
362	**SZYMAŃSKI Marek**	**507**	KB KAMIEŃ POMORSKI	M-30	79						00:29:50	**01:03:41.35**	**01:03:41.35**	+00:29:42 (46.6%)	6:22	9.4 (53.1%)
363	**KRUSZEWICZ Dalida**	**243**	AMPIO TEAM	K-40	46						00:31:23	**01:03:46.25**	**01:03:46.25**	+00:29:47 (46.7%)	6:22	9.4 (53.1%)
364	**KRUSZEWICZ Aleksander**	**244**	AMPIO TEAM	M-40	87						00:31:23	**01:03:46.60**	**01:03:46.60**	+00:29:47 (46.7%)	6:22	9.4 (53.1%)
365	**MURASZESWKA Justyna**	**329**		K-40	47			Tak			00:31:06	**01:03:48.30**	**01:03:48.30**	+00:29:49 (46.7%)	6:22	9.4 (53.1%)
366	**PYTLAK Agata**	**425**		K-30	48						00:30:26	**01:03:52.70**	**01:03:52.70**	+00:29:53 (46.8%)	6:23	9.4 (53.1%)
367	**PAWLAK Wojciech**	**375**		M-60	13						00:30:25	**01:03:57.55**	**01:03:57.55**	+00:29:58 (46.9%)	6:23	9.4 (53.1%)
368	**SAWARYN Małgorzata**	**454**		K-40	48						00:31:09	**01:04:12.85**	**01:04:12.85**	+00:30:14 (47.1%)	6:25	9.3 (52.5%)
369	**LER Łukasz**	**266**		M-30	80						00:30:07	**01:04:17.55**	**01:04:17.55**	+00:30:18 (47.1%)	6:25	9.3 (52.5%)
370	**WASZKIEWICZ Paulina**	**545**		K-30	49						00:30:08	**01:04:17.65**	**01:04:17.65**	+00:30:18 (47.1%)	6:25	9.3 (52.5%)
371	**ROSZATYCKI Cezary**	**440**		M-30	81						00:29:32	**01:04:27.75**	**01:04:27.75**	+00:30:28 (47.3%)	6:26	9.3 (52.5%)
372	**KOZŁOWSKI Tomasz**	**231**	BBL LASY BOGDANIEC	M-40	88					Biegam Bo Lubię Lasy Bogdaniec	00:31:45	**01:04:28.80**	**01:04:28.80**	+00:30:30 (47.3%)	6:26	9.3 (52.5%)
373	**GAŁĄZKA Jarosław**	**111**	BIEGAM BO LUBIĘ LASY BOGDANIEC	M-40	89					Biegam Bo Lubię Lasy Bogdaniec	00:31:45	**01:04:28.85**	**01:04:28.85**	+00:30:30 (47.3%)	6:26	9.3 (52.5%)
373	**KOZŁOWSKA Marzena**	**230**	BBL LASY BOGDANIEC	K-30	50					Biegam Bo Lubię Lasy Bogdaniec	00:31:44	**01:04:28.85**	**01:04:28.85**	+00:30:30 (47.3%)	6:26	9.3 (52.5%)
375	**LIPIŃSKA Marta**	**276**	BBL LASY BOGDANIEC	K-30	51					Biegam Bo Lubię Lasy Bogdaniec	00:31:44	**01:04:29.05**	**01:04:29.05**	+00:30:30 (47.3%)	6:26	9.3 (52.5%)
376	**SZCZUKIEWICZ Aneta**	**600**	WIECZORNE BIEGANIE W SZCZECINIE	K-30	52		Tak				00:30:26	**01:04:36.40**	**01:04:36.40**	+00:30:37 (47.4%)	6:27	9.3 (52.5%)
377	**POKORSKA Kasia**	**407**	GOLCZEWO	K-40	49						00:31:05	**01:04:42.00**	**01:04:42.00**	+00:30:43 (47.5%)	6:28	9.3 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
378	**POKORSKI Rafał**	**408**	GOLCZEWO	M-40	90						00:31:05	**01:04:42.25**	**01:04:42.25**	+00:30:43 (47.5%)	6:28	9.3 (52.5%)
379	**MAGDZIK Marcin**	**294**		M-40	91						00:32:07	**01:04:44.05**	**01:04:44.05**	+00:30:45 (47.5%)	6:28	9.3 (52.5%)
380	**STACHECKI Adrian**	**475**	DECATHLON SZCZECIN	M-30	82					Decathlon Szczecin	00:31:34	**01:04:46.10**	**01:04:46.10**	+00:30:47 (47.5%)	6:28	9.3 (52.5%)
381	**DUNOWSKA Ilona**	**92**	PARKRUN GORZÓW WIELKOPOLSKI	K-40	50						00:30:36	**01:04:47.60**	**01:04:47.60**	+00:30:48 (47.6%)	6:28	9.3 (52.5%)
382	**JUSZKIEWICZ Małgorzata**	**179**		K-50	9						00:31:26	**01:04:52.45**	**01:04:52.45**	+00:30:53 (47.6%)	6:29	9.2 (52.0%)
383	**MASŁOWSKA Barbara**	**304**		K-40	51						00:31:29	**01:04:53.45**	**01:04:53.45**	+00:30:54 (47.6%)	6:29	9.2 (52.0%)
383	**MASŁOWSKI Artur**	**305**		M-40	92						00:31:30	**01:04:53.45**	**01:04:53.45**	+00:30:54 (47.6%)	6:29	9.2 (52.0%)
385	**WOŁKOŃSKI Adam**	**563**		M-40	93						00:30:27	**01:04:54.65**	**01:04:54.65**	+00:30:55 (47.7%)	6:29	9.2 (52.0%)
386	**RITTER Beate**	**432**	JUST CRAZY	K-60	4						00:32:24	**01:04:57.65**	**01:04:57.65**	+00:30:58 (47.7%)	6:29	9.2 (52.0%)
387	**DANICKA Lidia**	**74**		K-40	52						00:30:50	**01:05:09.65**	**01:05:09.65**	+00:31:10 (47.9%)	6:30	9.2 (52.0%)
388	**TIETZ Monika**	**518**		K-40	53						00:30:49	**01:05:09.95**	**01:05:09.95**	+00:31:11 (47.9%)	6:30	9.2 (52.0%)
389	**FIRLIK Mirosław**	**105**	KLUB BIEGACZA KAMIEŃ POMORSKI	M-50	32						00:30:58	**01:05:18.40**	**01:05:18.40**	+00:31:19 (48.0%)	6:31	9.2 (52.0%)
390	**SZYMCZAK Monika**	**509**		K-40	54						00:30:51	**01:05:45.30**	**01:05:45.30**	+00:31:46 (48.3%)	6:34	9.1 (51.4%)
391	**SOSNA Paulina**	**471**		K-30	53		Tak	Tak			00:32:26	**01:05:46.90**	**01:05:46.90**	+00:31:48 (48.3%)	6:34	9.1 (51.4%)
392	**LEWIKOWSKA Patrycja**	**272**	WIECZORNE BIEGANIE W SZCZECINIE	K-40	55						00:31:21	**01:05:48.85**	**01:05:48.85**	+00:31:50 (48.4%)	6:34	9.1 (51.4%)
393	**DUMA Małgorzata**	**637**		K-50	10						00:31:21	**01:05:48.90**	**01:05:48.90**	+00:31:50 (48.4%)	6:34	9.1 (51.4%)
394	**MACIBORSKI Mirosław**	**290**		M-50	33					Wieczorne Bieganie w Szczecinie	00:31:22	**01:05:49.15**	**01:05:49.15**	+00:31:50 (48.4%)	6:34	9.1 (51.4%)
395	**CIERPISZEWSKI Tomasz**	**67**		M-30	83						00:31:30	**01:05:50.55**	**01:05:50.55**	+00:31:51 (48.4%)	6:35	9.1 (51.4%)
396	**SOKOŁOWSKA Magdalena**	**470**		K-30	54						00:31:34	**01:05:55.55**	**01:05:55.55**	+00:31:56 (48.5%)	6:35	9.1 (51.4%)
397	**BUJACZ Angelika**	**55**	AMPIO TEAM	K-50	11						00:31:35	**01:06:13.35**	**01:06:13.35**	+00:32:14 (48.7%)	6:37	9.1 (51.4%)
398	**MICHALAK Alina**	**311**	WIECZORNE BIEGANIE W SZCZECINIE	K-50	12						00:31:35	**01:06:14.45**	**01:06:14.45**	+00:32:15 (48.7%)	6:37	9.1 (51.4%)
399	**ZIONTKOWSKA Jolanta**	**589**		K-60	5						00:31:52	**01:06:15.30**	**01:06:15.30**	+00:32:16 (48.7%)	6:37	9.1 (51.4%)
400	**ŻELEPIEŃ Julia**	**597**		K-16	1		Tak				00:31:08	**01:06:26.50**	**01:06:26.50**	+00:32:27 (48.9%)	6:38	9 (50.8%)
401	**NOWACKA Anna**	**347**		K-30	55		Tak				00:32:37	**01:06:28.25**	**01:06:28.25**	+00:32:29 (48.9%)	6:38	9 (50.8%)
402	**BOROWSKI Marcin**	**43**	EKSPERT SYSTEMY INFORMATYCZNE	M-40	94						00:30:37	**01:06:33.50**	**01:06:33.50**	+00:32:34 (48.9%)	6:39	9 (50.8%)
403	**KUPIŃSKI Mieczysław**	**260**	MODLITWA BIEGANIA GRYFINO	M-40	95						00:31:18	**01:06:45.30**	**01:06:45.30**	+00:32:46 (49.1%)	6:40	9 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
404	**KRANZMANN ŻELEPIEŃ Anna**	**234**		K-40	56		Tak				00:31:08	**01:06:51.50**	**01:06:51.50**	+00:32:52 (49.2%)	6:41	9 (50.8%)
405	**RUSINEK Radosław**	**443**		M-40	96						00:32:42	**01:07:15.95**	**01:07:15.95**	+00:33:17 (49.5%)	6:43	8.9 (50.3%)
406	**ZIÓŁKOWSKI Tomasz**	**591**		M-30	84						00:32:21	**01:07:16.50**	**01:07:16.50**	+00:33:17 (49.5%)	6:43	8.9 (50.3%)
406	**DRZYCIMSKA Alicja**	**86**		K-20	19		Tak				00:32:21	**01:07:16.50**	**01:07:16.50**	+00:33:17 (49.5%)	6:43	8.9 (50.3%)
408	**TOKARZ Joanna**	**519**	WIECZORNE BIEGANIE W SZCZECINIE	K-40	57					Wieczorne Bieganie w Szczecinie	00:31:32	**01:07:49.20**	**01:07:49.20**	+00:33:50 (49.9%)	6:46	8.8 (49.7%)
408	**KRUGLAK Anna**	**242**		K-40	57						00:31:32	**01:07:49.20**	**01:07:49.20**	+00:33:50 (49.9%)	6:46	8.8 (49.7%)
410	**JÓŹWICKA Aneta**	**173**		K-40	59						00:32:13	**01:07:54.35**	**01:07:54.35**	+00:33:55 (50.0%)	6:47	8.8 (49.7%)
411	**WOSZCZYK Renata**	**566**		K-40	60						00:32:13	**01:07:54.45**	**01:07:54.45**	+00:33:55 (50.0%)	6:47	8.8 (49.7%)
412	**BORKOWSKI Marek**	**41**		M-40	97						00:32:56	**01:08:04.05**	**01:08:04.05**	+00:34:05 (50.1%)	6:48	8.8 (49.7%)
413	**BORKOWSKA Karolina**	**603**	DEMANT	K-30	56						00:32:56	**01:08:04.25**	**01:08:04.25**	+00:34:05 (50.1%)	6:48	8.8 (49.7%)
414	**MATYSEK Ireneusz**	**2**	KOMANDOS WAŁECKI	M-60	14						00:32:30	**01:08:04.55**	**01:08:04.55**	+00:34:05 (50.1%)	6:48	8.8 (49.7%)
415	**CHROBOCINSKI Daniel**	**65**		M-20	30						00:33:17	**01:08:12.95**	**01:08:12.95**	+00:34:14 (50.2%)	6:49	8.8 (49.7%)
416	**MIKOŁAJCZAK Krystian**	**318**		M-20	31		Tak				00:31:11	**01:08:20.20**	**01:08:20.20**	+00:34:21 (50.3%)	6:50	8.8 (49.7%)
417	**GORGOL Lukasz**	**122**		M-30	85		Tak				00:31:11	**01:08:20.40**	**01:08:20.40**	+00:34:21 (50.3%)	6:50	8.8 (49.7%)
418	**KRYCHOWIAK Piotr**	**638**	WIOSŁO	M-40	98				Tak		00:31:53	**01:08:33.35**	**01:08:33.35**	+00:34:34 (50.4%)	6:51	8.8 (49.7%)
419	**WROŃSKA DRZEWIECKA Justyna**	**570**		K-30	57						00:31:53	**01:08:33.65**	**01:08:33.65**	+00:34:34 (50.4%)	6:51	8.8 (49.7%)
420	**FALARZ Katarzyna**	**100**		K-20	20		Tak				00:43:33	**01:08:34.55**	**01:08:34.55**	+00:34:35 (50.4%)	6:51	8.8 (49.7%)
421	**ANDRZEJCZAK Maciej**	**13**	AMATOR	M-50	34		Tak				00:32:31	**01:08:40.85**	**01:08:40.85**	+00:34:42 (50.5%)	6:52	8.7 (49.2%)
422	**PIECZYŃSKA Kinga**	**386**		K-30	58						00:33:34	**01:08:57.30**	**01:08:57.30**	+00:34:58 (50.7%)	6:53	8.7 (49.2%)
423	**PIOTROWSKA Dorota**	**390**	AMPIO TEAM	K-40	61					Ampio Team	00:32:57	**01:09:11.60**	**01:09:11.60**	+00:35:12 (50.9%)	6:55	8.7 (49.2%)
424	**PIOTROWSKI Krzysztof**	**393**		M-40	99					Ampio Team	00:32:05	**01:09:11.70**	**01:09:11.70**	+00:35:12 (50.9%)	6:55	8.7 (49.2%)
425	**SZYMCZAK Magdalena**	**512**	GRUPA AZOTY	K-30	59		Tak	Tak			00:31:41	**01:09:19.40**	**01:09:19.40**	+00:35:20 (51.0%)	6:55	8.7 (49.2%)
426	**MARCHELEWSKI Jakub**	**301**	EKSPERT SYSTEMY INFORMATYCZNE	M-16	5						00:32:08	**01:09:57.55**	**01:09:57.55**	+00:35:58 (51.4%)	6:59	8.6 (48.6%)
427	**OSMAN Krzysztof**	**613**		M-Open	1						00:32:27	**01:10:08.85**	**01:10:08.85**	+00:36:10 (51.6%)	7:00	8.6 (48.6%)
428	**CHROBOCIŃSKA Elżbieta**	**66**		K-50	13						00:33:37	**01:10:11.85**	**01:10:11.85**	+00:36:13 (51.6%)	7:01	8.5 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
429	**ROLLA Dorian**	**434**		M-40	100		Tak				00:32:36	**01:10:24.30**	**01:10:24.30**	+00:36:25 (51.7%)	7:02	8.5 (48.0%)
429	**ROLLA Magdalena**	**435**		K-40	62						00:32:36	**01:10:24.30**	**01:10:24.30**	+00:36:25 (51.7%)	7:02	8.5 (48.0%)
431	**GARBIEŃ Tomasz**	**114**		M-30	86						00:33:20	**01:10:39.05**	**01:10:39.05**	+00:36:40 (51.9%)	7:03	8.5 (48.0%)
432	**BUJACZ Adrian**	**56**		M-20	32					Ampio Team	00:31:00	**01:10:50.35**	**01:10:50.35**	+00:36:51 (52.0%)	7:05	8.5 (48.0%)
433	**ONYSZK Marta**	**362**	WY-BIEGANI	K-40	63					Wy-Biegani Szczecin 3	00:34:24	**01:11:00.05**	**01:11:00.05**	+00:37:01 (52.1%)	7:06	8.5 (48.0%)
434	**SOWISZ Danuta**	**473**		K-50	14					SOWISZ TEAM	00:33:13	**01:11:12.95**	**01:11:12.95**	+00:37:14 (52.3%)	7:07	8.4 (47.5%)
435	**CZYŻEWSKA Lucyna**	**73**	TENET	K-40	64					Tenet	00:34:11	**01:11:32.70**	**01:11:32.70**	+00:37:33 (52.5%)	7:09	8.4 (47.5%)
436	**DZIAŁOWSKA Sara**	**96**		K-30	60						00:36:06	**01:11:58.65**	**01:11:58.65**	+00:37:59 (52.8%)	7:11	8.3 (46.9%)
437	**SZUTRA Agnieszka**	**504**		K-40	65						00:33:36	**01:11:59.45**	**01:11:59.45**	+00:38:00 (52.8%)	7:11	8.3 (46.9%)
438	**KRAWCZYK Marlena**	**235**		K-40	66						00:33:35	**01:12:00.15**	**01:12:00.15**	+00:38:01 (52.8%)	7:12	8.3 (46.9%)
439	**BAŁAKO Jakub**	**620**									00:33:18	**01:12:36.30**	**01:12:36.30**	+00:38:37 (53.2%)	7:15	8.3 (46.9%)
440	**HERIAN Małgorzata**	**147**		K-30	61						00:33:46	**01:12:40.40**	**01:12:40.40**	+00:38:41 (53.2%)	7:16	8.3 (46.9%)
441	**SZMAJDZIŃSKI Tomasz**	**498**		M-30	87						00:33:46	**01:12:41.20**	**01:12:41.20**	+00:38:42 (53.3%)	7:16	8.3 (46.9%)
441	**ŁUCZYŃSKA Katarzyna**	**283**		K-30	62						00:33:46	**01:12:41.20**	**01:12:41.20**	+00:38:42 (53.3%)	7:16	8.3 (46.9%)
443	**PRZYBYSZ Tamara**	**422**	PRZYBYSZ FAMILY	K-40	67						00:33:36	**01:13:31.55**	**01:13:31.55**	+00:39:32 (53.8%)	7:21	8.2 (46.3%)
444	**FIUK Jan**	**106**		M-30	88					Wieczorne Bieganie w Szczecinie	00:36:25	**01:14:03.65**	**01:14:03.65**	+00:40:04 (54.1%)	7:24	8.1 (45.8%)
445	**PISAŃSKI Kacper**	**397**		M-30	89						00:36:12	**01:14:03.90**	**01:14:03.90**	+00:40:05 (54.1%)	7:24	8.1 (45.8%)
446	**PISAŃSKI Tadeusz**	**398**		M-50	35						00:36:15	**01:14:04.05**	**01:14:04.05**	+00:40:05 (54.1%)	7:24	8.1 (45.8%)
447	**KOLASA Agnieszka**	**210**		K-40	68						00:35:28	**01:14:19.55**	**01:14:19.55**	+00:40:20 (54.3%)	7:25	8.1 (45.8%)
448	**STOPIŃSKA Monika**	**636**		K-30	63						00:36:17	**01:14:41.30**	**01:14:41.30**	+00:40:42 (54.5%)	7:28	8 (45.2%)
449	**MARCHELEWSKA Sylwia**	**299**	EKSPERT SYSTEMY INFORMATYCZNE	K-50	15						00:36:17	**01:15:18.05**	**01:15:18.05**	+00:41:19 (54.9%)	7:31	8 (45.2%)
450	**SZYMCZAK Kamila**	**508**		K-30	64						00:36:17	**01:15:30.75**	**01:15:30.75**	+00:41:31 (55.0%)	7:33	7.9 (44.6%)
451	**KOWALCZYK Magdalena**	**223**	WIECZORNE BIEGANIE W SZCZECINIE	K-40	69					Wieczorne Bieganie w Szczecinie	00:35:27	**01:16:31.35**	**01:16:31.35**	+00:42:32 (55.6%)	7:39	7.8 (44.1%)
452	**PRAWDA Iwona**	**412**	WIECZORNE BIEGANIE	K-40	70						00:35:27	**01:16:31.70**	**01:16:31.70**	+00:42:32 (55.6%)	7:39	7.8 (44.1%)
453	**SZYMAŃSKA Ania**	**506**	GRYFUS	K-50	16						00:36:46	**01:17:31.30**	**01:17:31.30**	+00:43:32 (56.2%)	7:45	7.7 (43.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
454	**MICHALAK Radoslaw**	**312**	GRUPA EXPERT	M-40	101					Ekspert Systemy Informatyczne	00:37:40	**01:19:55.35**	**01:19:55.35**	+00:45:56 (57.5%)	7:59	7.5 (42.4%)
455	**KUREK Karolina**	**261**		K-30	65		Tak				00:39:48	**01:21:46.30**	**01:21:46.30**	+00:47:47 (58.4%)	8:10	7.3 (41.2%)
456	**STERNA Magdalena**	**479**		K-30	66		Tak				00:36:20	**01:21:49.60**	**01:21:49.60**	+00:47:50 (58.5%)	8:10	7.3 (41.2%)
457	**TOMCZYK Karolina**	**521**		K-40	71		Tak				00:40:07	**01:21:56.35**	**01:21:56.35**	+00:47:57 (58.5%)	8:11	7.3 (41.2%)
458	**PŁOSA Monika**	**402**		K-40	72						00:40:27	**01:24:47.45**	**01:24:47.45**	+00:50:48 (59.9%)	8:28	7.1 (40.1%)
459	**DOBERSZTYN Błażej**	**80**	FIZJOBIEGACZE SZCZECIN	M-40	102						00:24:05			+00:07:47	4:49	12.5 (70.6%)
460	**BARCZYK Krzysztof**	**624**		M-Open	2						00:25:39			+00:09:21	5:07	11.7 (66.1%)
461	**SASS Karolina**	**453**	WIECZORNE BIEGANIE W SZCZECINIE	K-20	21					Wieczorne Bieganie w Szczecinie	00:25:50			+00:09:33	5:10	11.6 (65.5%)
462	**PLĄSEK Sylwester**	**400**		M-50	36						00:27:14			+00:10:56	5:26	11 (62.1%)
463	**MIELEC Marta**	**315**		K-30	67						00:28:00			+00:11:42	5:36	10.7 (60.5%)
464	**TELESIŃSKI Piotr**	**517**	BBLLASYBOGDANIEC	M-40	103					Biegam Bo Lubię Lasy Bogdaniec	00:28:29			+00:12:11	5:41	10.5 (59.3%)
465	**POGORZELSKA Sylwia**	**406**	WIECZORNE BIEGANIE W SZCZECINIE	K-40	73						00:29:22			+00:13:04	5:52	10.2 (57.6%)
466	**MACIASZEK Linda**	**289**		K-20	22						00:29:37			+00:13:19	5:55	10.1 (57.1%)
467	**PAWIŁOŚĆ Hanna**	**360**		K-20	23						00:29:52			+00:13:34	5:58	10 (56.5%)
468	**WIĄCEK Weronika**	**549**	KOBIECE BIEGANIE	K-16	2		Tak				00:29:52			+00:13:34	5:58	10 (56.5%)
469	**HNYDA Martyna**	**630**		K-16	3						00:29:52			+00:13:34	5:58	10 (56.5%)
470	**WOŁOSZYN Ola**	**602**	ADRENALINA TEAM	K-30	68						00:30:30			+00:14:12	6:06	9.8 (55.4%)
471	**SZAJEK Gabor**	**489**	HULK TEAM POLICE	M-16	6		Tak				00:30:33			+00:14:15	6:06	9.8 (55.4%)
472	**SZAJEK Marta**	**488**	HULK TEAM POLICE	K-40	74		Tak				00:30:33			+00:14:15	6:06	9.8 (55.4%)
473	**RASZEWSKA Karolina**	**428**		K-40	75						00:30:41			+00:14:23	6:08	9.8 (55.4%)
474	**DANILUK-DUPLA Ewa**	**76**	WIECZORNE BIEGANIE W SZCZECINIE	K-40	76					Wieczorne Bieganie w Szczecinie	00:30:43			+00:14:25	6:08	9.8 (55.4%)
475	**KOWALCZYK Kinga**	**222**		K-40	77						00:30:56			+00:14:38	6:11	9.7 (54.8%)
476	**DUDEK-IGNACZAK Joanna**	**87**	WIECZORNE BIEGANIE W SZCZECINIE	K-40	78						00:31:13			+00:14:55	6:14	9.6 (54.2%)
477	**RUTKOWSKA Dorota**	**445**	WY-BIEGANI SZCZECIN	K-50	17					Wy-Biegani Szczecin 3	00:31:24			+00:15:06	6:16	9.6 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
478	**GASZTOLD Renata**	**115**		K-40	79					Wy-Biegani Szczecin 3	00:31:25			+00:15:07	6:17	9.5 (53.7%)
479	**NOWITKIEWICZ Weronika**	**352**		K-30	69		Tak				00:31:30			+00:15:12	6:18	9.5 (53.7%)
480	**MILLER Agnieszka**	**324**	BIEGAM BO LUBIĘ LASY BOGDANIEC	K-30	70					Biegam Bo Lubię Lasy Bogdaniec	00:31:44			+00:15:26	6:20	9.5 (53.7%)
481	**JAŁOWSKI Marcin**	**158**	BBL LASY BOGDANIEC	M-30	90					Biegam Bo Lubię Lasy Bogdaniec	00:31:44			+00:15:26	6:20	9.5 (53.7%)
482	**SZPILA Robert**	**629**	BBL LASY BOGDANIEC	M-40	104						00:31:44			+00:15:26	6:20	9.5 (53.7%)
483	**KOWALSKA Anna**	**224**	BBL LASY BOGDANIEC	K-30	71					Biegam Bo Lubię Lasy Bogdaniec	00:31:45			+00:15:27	6:21	9.4 (53.1%)
484	**MIKOŁAJCZYK Marta**	**319**	BIEGAM BO LUBIĘ LASY BOGDANIEC	K-30	72					Biegam Bo Lubię Lasy Bogdaniec	00:31:45			+00:15:27	6:21	9.4 (53.1%)
485	**WISZNIAK Mateusz**	**555**		M-30	91			Tak			00:31:58			+00:15:40	6:23	9.4 (53.1%)
486	**WISZNIAK Agata**	**556**		K-20	24						00:31:58			+00:15:40	6:23	9.4 (53.1%)
487	**TRELIŃSKA Edyta**	**525**		K-50	18		Tak				00:32:20			+00:16:02	6:28	9.3 (52.5%)
488	**PASZKO Daniel**	**373**	WIECZORNE BIEGANIE W SZCZECINIE	M-40	105		Tak	Tak			00:32:20			+00:16:02	6:28	9.3 (52.5%)
489	**HNATKOWSKI Piotr**	**151**	WATAHA	M-40	106					DEMBOWE NIEDŹWIEDZIE	00:32:26			+00:16:08	6:29	9.2 (52.0%)
490	**BIEŁOWIEC Adrianna**	**29**	PUSZCZYK BUKOWY	K-30	73						00:32:29			+00:16:11	6:29	9.2 (52.0%)
491	**STACHOWIAK Paulina**	**476**		K-30	74					Wieczorne Bieganie w Szczecinie	00:32:38			+00:16:20	6:31	9.2 (52.0%)
492	**LASEK Anna**	**264**	WIECZORNE BIEGANIE W SZCZECINIE	K-40	80						00:33:10			+00:16:52	6:38	9 (50.8%)
493	**MĄDRZYK Magdalena**	**310**	WIECZORNE BIEGANIE W SZCZECINIE	K-40	81						00:33:10			+00:16:52	6:38	9 (50.8%)
494	**SAMOLEJ Monika**	**452**		K-40	82						00:33:12			+00:16:54	6:38	9 (50.8%)
495	**KRZYCH Paweł**	**247**	EKSPERT SYSTEMY INFORMATYCZNE	M-30	92						00:33:14			+00:16:56	6:38	9 (50.8%)
496	**KLECZEWSKA Agnieszka**	**203**		K-40	83					DEMBOWE NIEDŹWIEDZIE	00:33:28			+00:17:10	6:41	9 (50.8%)
497	**HNATKOWSKA Dorota**	**150**	DEMBOWE NIEDŹWIEDZIE	K-40	84						00:33:28			+00:17:10	6:41	9 (50.8%)
498	**DUDENKO Monika**	**89**	DUDKITEAM	K-40	85						00:33:36			+00:17:18	6:43	8.9 (50.3%)
499	**KOZIARSKA Katarzyna**	**228**	WIECZORNE BIEGANIE	K-30	75						00:33:39			+00:17:21	6:43	8.9 (50.3%)
500	**MAZUREK Anna**	**309**		K-40	86						00:34:05			+00:17:47	6:49	8.8 (49.7%)
501	**STRZEŚNIEWSKA Karolina**	**482**	WIECZORNE BIEGANIE W SZCZECINIE	K-20	25						00:34:13			+00:17:55	6:50	8.8 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
502	**GIBAS-JASTRZĘBSKA Iwona**	**118**	WIECZORNE BIEGANIE W SZCZECINIE	K-50	19					Wieczorne Bieganie w Szczecinie	00:34:32			+00:18:14	6:54	8.7 (49.2%)
503	**PASZKIEWICZ Patrycja**	**372**	WIECZORNE BIEGANIE W SZCZECINIE	K-20	26						00:35:29			+00:19:11	7:05	8.5 (48.0%)
504	**ŁYDZIŃSKI Maciej**	**288**	WIECZORNE BIEGANIE W SZCZECINIE	M-30	93						00:35:29			+00:19:11	7:05	8.5 (48.0%)
505	**JÓZEFCZYK Natalia**	**172**		K-20	27						00:35:46			+00:19:28	7:09	8.4 (47.5%)
506	**WALA Klaudia**	**534**		K-20	28						00:35:46			+00:19:28	7:09	8.4 (47.5%)
507	**TOMCZYK Kasia**	**523**		K-30	76						00:35:54			+00:19:36	7:10	8.4 (47.5%)
508	**KLAUZIŃSKA Monika**	**202**	PP11	K-30	77					Ruchliwe kiecki	00:35:59			+00:19:41	7:11	8.3 (46.9%)
509	**SWOBODA Edyta**	**487**		K-40	87		Tak			Ruchliwe kiecki	00:36:00			+00:19:42	7:12	8.3 (46.9%)
510	**RYCKO Maja**	**448**		K-30	78					Ruchliwe kiecki	00:36:00			+00:19:42	7:12	8.3 (46.9%)
511	**POLECHONSKA Marta**	**409**		K-40	88		Tak			Ruchliwe kiecki	00:36:00			+00:19:42	7:12	8.3 (46.9%)
512	**JURCZYK Paulina**	**176**	JESTEM LOCO	K-30	79						00:36:45			+00:20:27	7:21	8.2 (46.3%)
513	**KAŁUZIŃSKA Aleksandra**	**184**		K-40	89						00:36:50			+00:20:32	7:22	8.1 (45.8%)
514	**BORYS-GUT Magdalena**	**44**		K-40	90						00:36:52			+00:20:34	7:22	8.1 (45.8%)
515	**BIAŁKOWSKA Monika**	**446**	WIECZORNE BIEGANIE W SZCZECINIE	K-40	91					Wieczorne Bieganie w Szczecinie	00:36:54			+00:20:36	7:22	8.1 (45.8%)
516	**PRENETA Anna**	**413**	WIECZORNE BIEGANIE W SZCZECINIE	K-50	20					Wieczorne Bieganie w Szczecinie	00:37:39			+00:21:21	7:31	8 (45.2%)
517	**KOBIELAK Agnieszka**	**209**	WIECZORNE BIEGANIE W SZCZECINIE	K-20	29						00:37:45			+00:21:27	7:33	7.9 (44.6%)
518	**BALICKA Wioletta**	**20**	WIECZORNE BIEGANIE W SZCZECINIE	K-40	92						00:37:46			+00:21:28	7:33	7.9 (44.6%)
519	**LIGOCKA Aneta**	**275**	WY-BIEGANI SZCZECIN	K-40	93					Wy-Biegani Szczecin	00:37:50			+00:21:32	7:34	7.9 (44.6%)
520	**ZIELIŃSKA Katarzyna**	**586**	HULK TEAM - BABSKA PRZYGODA	K-30	80		Tak			Babska Przygoda	00:38:54			+00:22:36	7:46	7.7 (43.5%)
521	**MAŃKE Katarzyna**	**505**		K-30	81		Tak				00:38:54			+00:22:36	7:46	7.7 (43.5%)
522	**NOWAK Iwona**	**349**		K-30	82		Tak	Tak			00:38:59			+00:22:41	7:47	7.7 (43.5%)
523	**URBANIAK Anna**	**532**		K-30	83						00:39:00			+00:22:42	7:48	7.7 (43.5%)
524	**LICZBIŃSKA-HANKE Małgorzata**	**274**	DECATHLON SZCZECIN	K-20	30						00:41:03			+00:24:45	8:12	7.3 (41.2%)
525	**ŚWIĄTEK Piotr**	**632**		M-20	33						00:41:45			+00:25:27	8:21	7.2 (40.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
526	**SKIBA Bartłomiej**	**633**		M-20	34						00:41:47			+00:25:29	8:21	7.2 (40.7%)
527	**KAROL Julia**	**191**	WIECZORNE BIEGANIE W SZCZECINIE	K-20	31						00:41:48			+00:25:30	8:21	7.2 (40.7%)
528	**KAROL Anna**	**190**	WIECZORNE BIEGANIE W SZCZECINIE	K-50	21						00:41:58			+00:25:40	8:23	7.1 (40.1%)
529	**KĘPKA Wojciech**	**10**	WIECZORNE BIEGANIE W SZCZECINIE	M-40	107					Wieczorne Bieganie w Szczecinie	00:41:58			+00:25:40	8:23	7.1 (40.1%)
530	**MATUSZEWSKA Kinga**	**307**		K-30	84		Tak				00:43:47			+00:27:29	8:45	6.9 (39.0%)
531	**LEWICKA Joanna**	**617**	LEROY MERLIN	K-40	94						00:45:20			+00:29:02	9:04	6.6 (37.3%)
532	**STACHOWSKI Andrzej**	**477**	MANIA GYM	M-50	37						00:47:52			+00:31:34	9:34	6.3 (35.6%)
533	**GRZYWNIAK Urszula**	**137**	HULK TEAM	K-30	85		Tak				00:50:24			+00:34:06	10:04	6 (33.9%)
534	**MAĆKOWIAK Katarzyna**	**634**		K-40	95		Tak				00:54:18			+00:38:00	10:51	5.5 (31.1%)
535	**MAĆKOWIAK Radosław**	**635**		M-40	108		Tak				00:54:19			+00:38:01	10:51	5.5 (31.1%)
536	**LIPERTOWICZ Aleksandra**	**6**	WIECZORNE BIEGANIE W SZCZECINIE	K-30	86		Tak				00:55:18			+00:39:00	11:03	5.4 (30.5%)
537	**LIPERTOWICZ Sebastian**	**7**		M-30	94		Tak			Wieczorne Bieganie w Szczecinie	00:55:18			+00:39:00	11:03	5.4 (30.5%)
538		**627**									00:58:25			+00:42:07	11:41	5.1 (28.8%)
539	**PAWŁOWSKA Anna**	**377**	EXREME WOLF	K-40	96					ExtremeWolf	01:00:30			+00:44:12	12:06	5 (28.2%)

Znaleziono 539 wynik(ów)