

# IV BIEG POGOŃ RAKA - SZCZECIN

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Organizator:** Stowarzyszenie Walki z Rakiem Płuca Oddział Szczecin  
**Data:** 2020-10-04  
**Miejsce:** Szczecin  
**Dystans:** 5 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>TROĆ Daniel</b>	<b>271</b>	MKL SZCZECIN	M Open	1	00:00:03	<b>00:18:38.30</b>	<b>00:18:42.00</b>		3:43	16.1 (100%)
2	<b>PRZEKOPOWICZ Bartosz</b>	<b>200</b>	#TEAMSZWARC	M Open	2	00:00:08	<b>00:19:20.05</b>	<b>00:19:29.00</b>	+00:00:41 (3.6%)	3:52	15.5 (96.3%)
3	<b>WASILEWSKI Andrzej</b>	<b>282</b>		M Open	3	00:01:43	<b>00:19:33.10</b>	<b>00:21:16.30</b>	+00:00:54 (4.7%)	3:54	15.3 (95.0%)
4	<b>HOPPE Grzegorz</b>	<b>70</b>	WIECZORNE BIEGANIE W SZCZECINIE	M Open	4	00:00:13	<b>00:19:43.00</b>	<b>00:19:56.50</b>	+00:01:04 (5.5%)	3:56	15.2 (94.4%)
5	<b>WOJNACH Andrzej</b>	<b>320</b>		M Open	5	00:00:11	<b>00:20:01.75</b>	<b>00:20:12.80</b>	+00:01:23 (6.9%)	4:00	15 (93.2%)
6	<b>MACIEJEWSKI Krzysztof</b>	<b>134</b>		M Open	6	00:12:56	<b>00:20:58.95</b>	<b>00:33:55.75</b>	+00:02:20 (11.2%)	4:11	14.3 (88.8%)
7	<b>OLEJARZ Damian</b>	<b>171</b>	POL-BUD POLICE	M Open	7	00:09:08	<b>00:21:13.85</b>	<b>00:30:22.15</b>	+00:02:35 (12.2%)	4:14	14.1 (87.6%)
8	<b>TOPOREK Przemysław</b>	<b>318</b>		M Open	8	00:03:32	<b>00:21:27.35</b>	<b>00:24:59.40</b>	+00:02:49 (13.1%)	4:17	14 (87.0%)
9	<b>KAPŁANIAK Adrian</b>	<b>297</b>	WIECZORNE BIEGANIE W SZCZECINIE	M Open	9	00:08:28	<b>00:21:31.70</b>	<b>00:30:00.65</b>	+00:02:53 (13.4%)	4:18	13.9 (86.3%)
10	<b>KWAŚNIEWSKI Bartosz</b>	<b>115</b>	PB27	M Open	10	00:02:30	<b>00:21:50.60</b>	<b>00:24:21.00</b>	+00:03:12 (14.7%)	4:22	13.7 (85.1%)
11	<b>MOSPINEK Dorian</b>	<b>237</b>		M Open	11	00:00:40	<b>00:21:57.25</b>	<b>00:22:37.30</b>	+00:03:18 (15.1%)	4:23	13.7 (85.1%)
12	<b>WESOŁOWSKI Marcin</b>	<b>286</b>		M Open	12	00:01:25	<b>00:21:59.85</b>	<b>00:23:25.25</b>	+00:03:21 (15.3%)	4:23	13.6 (84.5%)
13	<b>BODNARCZUK Tomasz</b>	<b>16</b>	FIZJOBIEGACZE	M Open	13	00:00:56	<b>00:22:09.55</b>	<b>00:23:06.00</b>	+00:03:31 (15.9%)	4:25	13.5 (83.9%)
14	<b>HIEROWSKI Wojciech</b>	<b>67</b>	K-RUNNERS	M Open	14	00:10:59	<b>00:22:26.30</b>	<b>00:33:25.80</b>	+00:03:48 (16.9%)	4:29	13.4 (83.2%)
15	<b>WAJS Sebastian</b>	<b>277</b>	12BZ/ZWT	M Open	15	00:02:34	<b>00:22:28.50</b>	<b>00:25:02.95</b>	+00:03:50 (17.1%)	4:29	13.4 (83.2%)
16	<b>PELC Marek</b>	<b>185</b>	12 BZ	M Open	16	00:01:07	<b>00:22:33.35</b>	<b>00:23:40.65</b>	+00:03:55 (17.4%)	4:30	13.3 (82.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	<b>ROSIAK Marcin</b>	<b>212</b>	WIECZORNE BIEGANIE W SZCZECINIE	M Open	17	00:12:17	<b>00:22:47.45</b>	<b>00:35:05.25</b>	+00:04:09 (18.2%)	4:33	13.2 (82.0%)
18	<b>WIERZCHOWSKI Piotr</b>	<b>291</b>		M Open	18	00:16:04	<b>00:22:55.65</b>	<b>00:39:00.00</b>	+00:04:17 (18.7%)	4:35	13.1 (81.4%)
19	<b>LEWANDOWSKI Daniel</b>	<b>121</b>	AKTYWNE LISEWO	M Open	19	00:06:30	<b>00:22:58.10</b>	<b>00:29:28.25</b>	+00:04:19 (18.9%)	4:35	13.1 (81.4%)
20	<b>KRZEŚNIEWSKI Marcin</b>	<b>107</b>	ROWEROWY ZAŁOM	M Open	20	00:24:32	<b>00:23:02.05</b>	<b>00:47:34.75</b>	+00:04:23 (19.1%)	4:36	13 (80.7%)
21	<b>ŁOŚ Jarosław</b>	<b>128</b>	#RUSZ4LITERY	M Open	21	00:01:49	<b>00:23:12.80</b>	<b>00:25:02.45</b>	+00:04:34 (19.7%)	4:38	12.9 (80.1%)
22	<b>MUSIAŁA Krzysztof</b>	<b>164</b>		M Open	22	00:06:55	<b>00:23:17.25</b>	<b>00:30:12.60</b>	+00:04:38 (20.0%)	4:39	12.9 (80.1%)
23	<b>CHARĘZA Marcin</b>	<b>21</b>	ZAWADZKIEGO SZCZECIN	M Open	23	00:08:08	<b>00:23:21.25</b>	<b>00:31:29.75</b>	+00:04:42 (20.2%)	4:40	12.8 (79.5%)
24	<b>PIOTROWSKI Marek</b>	<b>193</b>	ROZBIEGANY GOLENIÓW	M Open	24	00:04:53	<b>00:23:29.45</b>	<b>00:28:23.25</b>	+00:04:51 (20.7%)	4:41	12.8 (79.5%)
25	<b>FIEŃKO Dariusz</b>	<b>49</b>		M Open	25	00:04:24	<b>00:23:31.95</b>	<b>00:27:56.55</b>	+00:04:53 (20.8%)	4:42	12.8 (79.5%)
26	<b>DĘBICKI Jakub</b>	<b>35</b>		M Open	26	00:15:35	<b>00:23:32.40</b>	<b>00:39:07.65</b>	+00:04:54 (20.8%)	4:42	12.7 (78.9%)
27	<b>GRZANKOWSKI Konrad</b>	<b>59</b>		M Open	27	00:07:46	<b>00:23:36.90</b>	<b>00:31:23.80</b>	+00:04:58 (21.1%)	4:43	12.7 (78.9%)
28	<b>TALAREK Robert</b>	<b>267</b>	TELERANEK	M Open	28	00:26:46	<b>00:23:40.15</b>	<b>00:50:26.85</b>	+00:05:01 (21.3%)	4:44	12.7 (78.9%)
29	<b>DZIEDZIC Michał</b>	<b>45</b>		M Open	29	00:01:07	<b>00:23:47.55</b>	<b>00:24:55.40</b>	+00:05:09 (21.7%)	4:45	12.6 (78.3%)
30	<b>STODOLNY Paweł</b>	<b>248</b>		M Open	30	00:07:42	<b>00:23:56.20</b>	<b>00:31:38.80</b>	+00:05:17 (22.1%)	4:47	12.5 (77.6%)
31	<b>FIEŃKO Katarzyna</b>	<b>48</b>		K Open	1	00:02:01	<b>00:23:59.00</b>	<b>00:26:00.20</b>	+00:05:20 (22.3%)	4:47	12.5 (77.6%)
32	<b>MOSZYŃSKI Maciej</b>	<b>161</b>	EKOPROJEKT RUN TEAM	M Open	31	00:10:20	<b>00:24:00.35</b>	<b>00:34:21.10</b>	+00:05:22 (22.4%)	4:48	12.5 (77.6%)
33	<b>KRAWCZYK Mateusz</b>	<b>102</b>	KB PIONIER SZCZECIN/AMBASADOR FESTIWALU BIEGOWEGO W KRYNICY ZDRÓJ	M Open	32	00:01:05	<b>00:24:25.45</b>	<b>00:25:31.40</b>	+00:05:47 (23.7%)	4:53	12.3 (76.4%)
34	<b>PODWYSZYŃSKI Sylwester</b>	<b>195</b>	KW PSP SZCZECIN	M Open	33	00:01:18	<b>00:24:26.35</b>	<b>00:25:44.95</b>	+00:05:48 (23.7%)	4:53	12.3 (76.4%)
35	<b>KĘPKA Karol</b>	<b>88</b>		M Open	34	00:07:55	<b>00:24:31.35</b>	<b>00:32:26.45</b>	+00:05:53 (24.0%)	4:54	12.2 (75.8%)
36	<b>DYDEK Edyta</b>	<b>333</b>	SKB DZIK	K Open	2	00:53:20	<b>00:24:32.45</b>	<b>01:17:53.25</b>	+00:05:54 (24.1%)	4:54	12.2 (75.8%)
37	<b>WOLSKI Tomasz</b>	<b>300</b>	WIECZORNE BIEGANIE W SZCZECINIE	M Open	35	00:02:48	<b>00:24:39.95</b>	<b>00:27:28.40</b>	+00:06:01 (24.4%)	4:55	12.2 (75.8%)
38	<b>DUDZIŃSKI Wojtek</b>	<b>44</b>		M Open	36	00:05:53	<b>00:24:43.70</b>	<b>00:30:36.90</b>	+00:06:05 (24.6%)	4:56	12.1 (75.2%)
39	<b>ADAMOWICZ Daniel</b>	<b>1</b>	KB PIONIER	M Open	37	00:00:22	<b>00:24:49.40</b>	<b>00:25:11.45</b>	+00:06:11 (24.9%)	4:57	12.1 (75.2%)

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40	<b>SZYŁOWICZ Daniel</b>	<b>263</b>	TYMTRITEAM	M Open	38	00:02:24	<b>00:24:55.05</b>	<b>00:27:19.05</b>	+00:06:16 (25.2%)	4:59	12 (74.5%)
41	<b>TYMUL Jakub</b>	<b>276</b>	#TYMTRITEAM	M Open	39	00:02:23	<b>00:24:55.10</b>	<b>00:27:18.80</b>	+00:06:16 (25.2%)	4:59	12 (74.5%)
42	<b>BUKOWIECKI Adam</b>	<b>20</b>		M Open	40	00:05:20	<b>00:24:58.50</b>	<b>00:30:19.30</b>	+00:06:20 (25.4%)	4:59	12 (74.5%)
43	<b>WYPYCH Maciej</b>	<b>304</b>	KONGSBERG K-RUNNERS	M Open	41	00:10:56	<b>00:25:08.50</b>	<b>00:36:05.45</b>	+00:06:30 (25.9%)	5:01	11.9 (73.9%)
44	<b>SOBIERAJ Marcin</b>	<b>242</b>		M Open	42	00:00:20	<b>00:25:09.85</b>	<b>00:25:30.15</b>	+00:06:31 (25.9%)	5:01	11.9 (73.9%)
45	<b>TROJGA Karolina</b>	<b>273</b>	WIECZORNE BIEGANIE W SZCZECINIE	K Open	3	00:02:40	<b>00:25:21.25</b>	<b>00:28:01.60</b>	+00:06:42 (26.5%)	5:04	11.8 (73.3%)
46	<b>CIESZYŃSKA Marika</b>	<b>27</b>	RAZ SZCZECIN	K Open	4	01:05:03	<b>00:25:26.75</b>	<b>01:30:29.80</b>	+00:06:48 (26.8%)	5:05	11.8 (73.3%)
47	<b>CIEŚLA Paweł</b>	<b>29</b>		M Open	43	00:09:31	<b>00:25:34.25</b>	<b>00:35:06.05</b>	+00:06:55 (27.1%)	5:06	11.7 (72.7%)
48	<b>PIĄTEK Kamil</b>	<b>187</b>		M Open	44	00:05:44	<b>00:25:35.85</b>	<b>00:31:20.45</b>	+00:06:57 (27.2%)	5:07	11.7 (72.7%)
49	<b>SACHARSKI Bartłomiej</b>	<b>219</b>	WIECZORNE BIEGANIE W SZCZECINIE	M Open	45	00:01:55	<b>00:25:36.00</b>	<b>00:27:31.15</b>	+00:06:57 (27.2%)	5:07	11.7 (72.7%)
50	<b>GUTOWSKI Paweł</b>	<b>63</b>	EMKA STARGARD	M Open	46	00:00:12	<b>00:25:37.65</b>	<b>00:25:50.20</b>	+00:06:59 (27.3%)	5:07	11.7 (72.7%)
51	<b>TURCZYK Marcin</b>	<b>326</b>		M Open	47	00:04:19	<b>00:25:38.65</b>	<b>00:29:58.05</b>	+00:07:00 (27.3%)	5:07	11.7 (72.7%)
52	<b>BANASIAK Andrzej</b>	<b>4</b>		M Open	48	00:09:12	<b>00:25:40.00</b>	<b>00:34:52.50</b>	+00:07:01 (27.4%)	5:08	11.7 (72.7%)
53	<b>RUMOWSKI Tomasz</b>	<b>315</b>		M Open	49	00:04:14	<b>00:25:47.40</b>	<b>00:30:01.50</b>	+00:07:09 (27.7%)	5:09	11.6 (72.0%)
54	<b>ŁAWNICZAK Sebastian</b>	<b>125</b>		M Open	50	00:05:02	<b>00:25:48.85</b>	<b>00:30:51.70</b>	+00:07:10 (27.8%)	5:09	11.6 (72.0%)
55	<b>MAZUR Marta</b>	<b>151</b>	SWIM2TRI	K Open	5	00:13:09	<b>00:25:49.30</b>	<b>00:38:58.90</b>	+00:07:11 (27.8%)	5:09	11.6 (72.0%)
56	<b>PASZKO Daniel</b>	<b>183</b>	WIECZORNE BIEGANIE W SZCZECINIE / KOMPAS TEAM POLICE	M Open	51	00:02:42	<b>00:25:50.50</b>	<b>00:28:33.05</b>	+00:07:12 (27.9%)	5:10	11.6 (72.0%)
57	<b>SIWAK Łukasz</b>	<b>232</b>		M Open	52	00:00:18	<b>00:25:51.35</b>	<b>00:26:10.30</b>	+00:07:13 (27.9%)	5:10	11.6 (72.0%)
58	<b>MICHALAK Jacek</b>	<b>153</b>		M Open	53	00:05:31	<b>00:26:03.15</b>	<b>00:31:34.95</b>	+00:07:24 (28.5%)	5:12	11.5 (71.4%)
59	<b>HAWRYLAK Marcin</b>	<b>66</b>	RAGNAROK SZCZECIN	M Open	54	00:00:57	<b>00:26:04.55</b>	<b>00:27:02.25</b>	+00:07:26 (28.5%)	5:12	11.5 (71.4%)
60	<b>IZWIKOW Monika</b>	<b>75</b>		K Open	6	00:07:24	<b>00:26:09.35</b>	<b>00:33:33.40</b>	+00:07:31 (28.7%)	5:13	11.5 (71.4%)
61	<b>ŁUKASIEWICZ Robert</b>	<b>129</b>		M Open	55	00:06:14	<b>00:26:14.90</b>	<b>00:32:29.15</b>	+00:07:36 (29.0%)	5:14	11.4 (70.8%)
62	<b>BARTOSZEWSKI Paweł</b>	<b>7</b>	L-BUG RUN	M Open	56	00:09:00	<b>00:26:23.70</b>	<b>00:35:24.20</b>	+00:07:45 (29.4%)	5:16	11.4 (70.8%)

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63	WITORZĘĆ Dariusz	299		M Open	57	00:02:03	00:26:24.45	00:28:27.85	+00:07:46 (29.4%)	5:16	11.4 (70.8%)
64	BIK Marek	12		M Open	58	00:06:00	00:26:35.35	00:32:35.45	+00:07:57 (29.9%)	5:19	11.3 (70.2%)
65	PASIKOWSKI Kami	334	SKB DZIK	M Open	59	00:53:18	00:26:43.60	01:20:02.25	+00:08:05 (30.3%)	5:20	11.2 (69.6%)
66	WIKLAK Natalia	292		K Open	7	00:01:35	00:26:43.85	00:28:19.30	+00:08:05 (30.3%)	5:20	11.2 (69.6%)
67	CZUBA Emilia	32		K Open	8	00:02:17	00:26:46.10	00:29:04.00	+00:08:07 (30.4%)	5:21	11.2 (69.6%)
68	MULTAN Sebastian	163	LECĘ NA SZCZECIN	M Open	60	00:07:57	00:26:48.50	00:34:45.75	+00:08:10 (30.5%)	5:21	11.2 (69.6%)
69	HAJDUK Maciej	64	NIEBKO TERROR	M Open	61	00:06:59	00:26:49.05	00:33:48.65	+00:08:10 (30.5%)	5:21	11.2 (69.6%)
70	KAMIŃSKI Roman	84	RUMUŃSKA RODZINA ZE SZCZECINA	M Open	62	00:06:56	00:26:55.60	00:33:52.55	+00:08:17 (30.8%)	5:23	11.1 (68.9%)
71	MISZCZAK Damian	158		M Open	63	00:07:38	00:26:59.75	00:34:38.50	+00:08:21 (31.0%)	5:23	11.1 (68.9%)
72	MAŚLANKA Klaudia	147	#TYMTRITEAM	K Open	9	00:02:21	00:27:03.45	00:29:24.60	+00:08:25 (31.1%)	5:24	11.1 (68.9%)
73	PRZYBYLSKI Karol	201		M Open	64	00:09:04	00:27:08.10	00:36:13.00	+00:08:29 (31.3%)	5:25	11.1 (68.9%)
74	ŁYDKA Sylwek	131		M Open	65	00:08:26	00:27:10.55	00:35:36.85	+00:08:32 (31.4%)	5:26	11 (68.3%)
75	GIMINSKI Tomasz	53	SKUTER DRIVER ODPROWADZANIE AUT	M Open	66	00:07:31	00:27:21.95	00:34:53.15	+00:08:43 (31.9%)	5:28	11 (68.3%)
76	GIMINSKI Wiktor	54	SKUTER DRIVER ODPROWADZANIE AUT	M Open	67	00:07:29	00:27:24.25	00:34:53.40	+00:08:45 (32.0%)	5:28	10.9 (67.7%)
77	SERKOWSKA Paulina	228		K Open	10	00:08:11	00:27:29.15	00:35:40.70	+00:08:50 (32.2%)	5:29	10.9 (67.7%)
78	ZAPOR Anna	307		K Open	11	00:08:00	00:27:36.75	00:35:37.05	+00:08:58 (32.5%)	5:31	10.9 (67.7%)
79	WEISS Sebastian	285		M Open	68	00:05:25	00:27:38.75	00:33:04.20	+00:09:00 (32.6%)	5:31	10.9 (67.7%)
80	POPŁAWSKA Weronika	198	LKS PRZECŁAW	K Open	12	00:05:47	00:27:42.25	00:33:29.85	+00:09:03 (32.7%)	5:32	10.8 (67.1%)
81	MADEJ Anna	138	UKL ÓSEMKA POLICE	K Open	13	00:07:33	00:27:44.15	00:35:17.35	+00:09:05 (32.8%)	5:32	10.8 (67.1%)
82	BOBER Kamil	13	WKURW_TEAM	M Open	69	00:02:57	00:27:44.65	00:30:42.40	+00:09:06 (32.8%)	5:32	10.8 (67.1%)
83	BEJSTER Przemysław	10	WIECZORNE BIEGANIE W SZCZECINIE	M Open	70	00:01:58	00:27:46.45	00:29:44.65	+00:09:08 (32.9%)	5:33	10.8 (67.1%)
84	RADCZUK Mariusz	205	KOMPAS TEAM	M Open	71	00:05:11	00:27:46.50	00:32:58.10	+00:09:08 (32.9%)	5:33	10.8 (67.1%)
85	RADCZUK Karolina	204	KOMPAS TEAM	K Open	14	00:05:09	00:27:48.55	00:32:57.75	+00:09:10 (33.0%)	5:33	10.8 (67.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
86	<b>SOBECKI Tomasz</b>	<b>241</b>		M Open	72	00:05:56	<b>00:27:51.10</b>	<b>00:33:47.90</b>	+00:09:12 (33.1%)	5:34	10.8 (67.1%)
87	<b>RACHUTA Piotr</b>	<b>203</b>		M Open	73	00:15:48	<b>00:27:53.80</b>	<b>00:43:42.25</b>	+00:09:15 (33.2%)	5:34	10.8 (67.1%)
88	<b>STANEK Bartosz</b>	<b>323</b>	WKURW-TEAM	M Open	74	00:09:45	<b>00:28:01.25</b>	<b>00:37:46.95</b>	+00:09:22 (33.5%)	5:36	10.7 (66.5%)
89	<b>RUDNIK-MIJAL Małgorzata</b>	<b>215</b>	ZMĘCZENI NA STARCIE	K Open	15	00:07:53	<b>00:28:02.15</b>	<b>00:35:55.35</b>	+00:09:23 (33.5%)	5:36	10.7 (66.5%)
90	<b>CHROBOCIŃSKI Jan</b>	<b>26</b>		M Open	75	00:01:33	<b>00:28:06.50</b>	<b>00:29:39.90</b>	+00:09:28 (33.7%)	5:37	10.7 (66.5%)
91	<b>KOLSKA Lena</b>	<b>322</b>	WKURW-TEAM	K Open	16	00:09:38	<b>00:28:06.75</b>	<b>00:37:45.40</b>	+00:09:28 (33.7%)	5:37	10.7 (66.5%)
92	<b>STACHOWSKI Andrzej</b>	<b>244</b>	MONIGYM	M Open	76	00:04:52	<b>00:28:07.15</b>	<b>00:32:59.80</b>	+00:09:28 (33.7%)	5:37	10.7 (66.5%)
93	<b>PADUCH Piotr</b>	<b>179</b>		M Open	77	00:01:28	<b>00:28:10.20</b>	<b>00:29:38.55</b>	+00:09:31 (33.8%)	5:38	10.7 (66.5%)
94	<b>NEJMAN Rafał</b>	<b>166</b>		M Open	78	00:00:44	<b>00:28:12.60</b>	<b>00:28:56.65</b>	+00:09:34 (33.9%)	5:38	10.6 (65.8%)
95	<b>ŁAWKIEL Natalia</b>	<b>124</b>		K Open	17	00:00:50	<b>00:28:16.65</b>	<b>00:29:07.30</b>	+00:09:38 (34.1%)	5:39	10.6 (65.8%)
96	<b>OLEŚKIEWICZ Michał</b>	<b>173</b>	RAZ SZCZECIN	M Open	79	00:14:26	<b>00:28:22.90</b>	<b>00:42:48.95</b>	+00:09:44 (34.3%)	5:40	10.6 (65.8%)
97	<b>PRAWDZIUK Janusz</b>	<b>199</b>		M Open	80	00:01:04	<b>00:28:24.80</b>	<b>00:29:29.50</b>	+00:09:46 (34.4%)	5:40	10.6 (65.8%)
98	<b>ŁEBKOWSKI Karol</b>	<b>126</b>		M Open	81	00:01:41	<b>00:28:37.10</b>	<b>00:30:18.60</b>	+00:09:58 (34.9%)	5:43	10.5 (65.2%)
99	<b>MACIĄŻEK Anna</b>	<b>132</b>		K Open	18	00:07:14	<b>00:28:42.20</b>	<b>00:35:56.30</b>	+00:10:03 (35.1%)	5:44	10.5 (65.2%)
100	<b>WIŚNIEWSKI Czesław</b>	<b>298</b>	MARATOŃCZYK SZCZECIN	M Open	82	00:06:08	<b>00:28:43.00</b>	<b>00:34:51.20</b>	+00:10:04 (35.1%)	5:44	10.4 (64.6%)
101	<b>ŁĄCZAK Justyna</b>	<b>118</b>	ASSECO ACTIVE TEAM	K Open	19	00:07:27	<b>00:28:45.30</b>	<b>00:36:12.35</b>	+00:10:07 (35.2%)	5:45	10.4 (64.6%)
102	<b>ZAWADZKI Jarosław</b>	<b>309</b>		M Open	83	00:16:46	<b>00:28:46.40</b>	<b>00:45:32.60</b>	+00:10:08 (35.2%)	5:45	10.4 (64.6%)
103	<b>PAROL Grzegorz</b>	<b>181</b>		M Open	84	00:05:29	<b>00:28:52.80</b>	<b>00:34:21.85</b>	+00:10:14 (35.5%)	5:46	10.4 (64.6%)
104	<b>WIECZOREK Jakub</b>	<b>289</b>		M Open	85	00:06:42	<b>00:28:56.60</b>	<b>00:35:39.50</b>	+00:10:18 (35.6%)	5:47	10.4 (64.6%)
105	<b>SĄŁAGA Dariusz</b>	<b>319</b>	BKS SKORPION SZCZECIN	M Open	86	00:00:26	<b>00:29:00.70</b>	<b>00:29:27.30</b>	+00:10:22 (35.8%)	5:48	10.3 (64.0%)
106	<b>REKOWSKA Danuta</b>	<b>206</b>		K Open	20	00:04:17	<b>00:29:02.90</b>	<b>00:33:20.50</b>	+00:10:24 (35.8%)	5:48	10.3 (64.0%)
107	<b>SŁODOWNIK Konrad</b>	<b>236</b>	SZKOŁA JĘZYKÓW OBCYCH PROFESSIONAL SCHOOL	M Open	87	00:06:11	<b>00:29:08.60</b>	<b>00:35:20.50</b>	+00:10:30 (36.0%)	5:49	10.3 (64.0%)
108	<b>NATALCZYK Ewelina</b>	<b>165</b>		K Open	21	00:16:30	<b>00:29:09.80</b>	<b>00:45:39.95</b>	+00:10:31 (36.1%)	5:49	10.3 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
109	KARPIENIA Ewa	87		K Open	22	00:15:42	00:29:15.10	00:44:57.85	+00:10:36 (36.3%)	5:51	10.3 (64.0%)
110	PACYNA Renata	178	KOZIELICE BIEGA	K Open	23	00:02:31	00:29:15.20	00:31:47.00	+00:10:36 (36.3%)	5:51	10.3 (64.0%)
111	ŻARNICKI Kacper	313		M Open	88	00:08:42	00:29:18.60	00:38:01.45	+00:10:40 (36.4%)	5:51	10.2 (63.4%)
112	ROJEWSKA Weronika	208		K Open	24	00:08:32	00:29:20.65	00:37:52.80	+00:10:42 (36.5%)	5:52	10.2 (63.4%)
113	RZYMSKA Marta	218	OSTRE DZIDY	K Open	25	00:02:08	00:29:22.75	00:31:31.30	+00:10:44 (36.6%)	5:52	10.2 (63.4%)
114	KOZŁOWSKA Karolina	99	#BIEGACZE	K Open	26	00:15:54	00:29:24.30	00:45:18.50	+00:10:46 (36.6%)	5:52	10.2 (63.4%)
115	GOŁUCH Mateusz	56		M Open	89	00:03:23	00:29:27.95	00:32:51.40	+00:10:49 (36.7%)	5:53	10.2 (63.4%)
116	SZOSTAK Daniel	259		M Open	90	00:01:20	00:29:29.45	00:30:50.30	+00:10:51 (36.8%)	5:53	10.2 (63.4%)
117	BĄCIK Aneta	8		K Open	27	00:08:53	00:29:33.95	00:38:27.40	+00:10:55 (37.0%)	5:54	10.2 (63.4%)
118	WONDOŁOWSKI Stanisław	301	WIECZORNE BIEGANIE	M Open	91	00:06:20	00:29:45.65	00:36:06.55	+00:11:07 (37.4%)	5:57	10.1 (62.7%)
119	SAKOWSKA-CARŁO Magda	221	WIECZORNE BIEGANIE W SZCZECINIE	K Open	28	00:01:16	00:29:53.10	00:31:09.55	+00:11:14 (37.6%)	5:58	10 (62.1%)
120	KRUCZKOWSKI Maciej	105		M Open	92	00:06:53	00:29:56.80	00:36:50.70	+00:11:18 (37.8%)	5:59	10 (62.1%)
121	POGORZELSKA Sylwia	197	WIECZORNE BIEGANIE W SZCZECINIE	K Open	29	00:03:53	00:29:57.65	00:33:51.60	+00:11:19 (37.8%)	5:59	10 (62.1%)
122	KRUCZKOWSKA Malwina	103		K Open	30	00:06:52	00:29:58.50	00:36:50.50	+00:11:20 (37.8%)	5:59	10 (62.1%)
123	SIKORA Magdalena	230		K Open	31	00:02:45	00:29:59.20	00:32:44.60	+00:11:20 (37.8%)	5:59	10 (62.1%)
124	KRUCZKOWSKA Agnieszka	104		K Open	32	00:06:49	00:30:00.95	00:36:50.75	+00:11:22 (37.9%)	6:00	10 (62.1%)
125	KAMIONKA Andrzej	85	WIECZORNE BIEGANIE W SZCZECINIE	M Open	93	00:17:58	00:30:03.70	00:48:02.55	+00:11:25 (38.0%)	6:00	10 (62.1%)
126	KOMOROWSKI Michał	93		M Open	94	00:02:37	00:30:05.00	00:32:42.15	+00:11:26 (38.0%)	6:01	10 (62.1%)
127	SCHNEIDER Aleksandra	224		K Open	33	00:01:00	00:30:07.95	00:31:08.65	+00:11:29 (38.1%)	6:01	10 (62.1%)
128	KOZŁOWSKI Marcin	100	#BIEGACZE	M Open	95	00:15:57	00:30:08.40	00:46:05.60	+00:11:30 (38.2%)	6:01	10 (62.1%)
129	PUPEK Małgorzata	202	WILKI Z CIECHOCINKA	K Open	34	00:01:40	00:30:13.60	00:31:53.65	+00:11:35 (38.3%)	6:02	9.9 (61.5%)
130	ŁUKASIEWICZ Agnieszka	130	KB HERMES GRYFINO	K Open	35	00:04:56	00:30:14.30	00:35:10.90	+00:11:36 (38.4%)	6:02	9.9 (61.5%)
131	JAWORSKA Sonia	79		K Open	36	00:00:51	00:30:18.00	00:31:09.75	+00:11:39 (38.5%)	6:03	9.9 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
132	<b>PIĄTEK Karolina</b>	<b>186</b>		K Open	37	00:05:42	<b>00:30:24.85</b>	<b>00:36:07.30</b>	+00:11:46 (38.7%)	6:04	9.9 (61.5%)
133	<b>BUJNOWSKA Anita</b>	<b>19</b>		K Open	38	00:01:38	<b>00:30:26.15</b>	<b>00:32:04.60</b>	+00:11:47 (38.8%)	6:05	9.9 (61.5%)
134	<b>SZYMCZAK Marcin</b>	<b>316</b>	WKURW-TEAM	M Open	96	00:09:53	<b>00:30:27.35</b>	<b>00:40:20.40</b>	+00:11:49 (38.8%)	6:05	9.9 (61.5%)
135	<b>SURDAKCI Jerzy</b>	<b>251</b>	DRUŻYNA SZPIKU	M Open	97	00:03:10	<b>00:30:28.80</b>	<b>00:33:39.35</b>	+00:11:50 (38.9%)	6:05	9.8 (60.9%)
136	<b>MISIASZEK Mirosław</b>	<b>157</b>		M Open	98	00:06:47	<b>00:30:39.30</b>	<b>00:37:26.80</b>	+00:12:01 (39.2%)	6:07	9.8 (60.9%)
137	<b>TURCZYK Marta</b>	<b>274</b>		K Open	39	00:02:10	<b>00:30:42.90</b>	<b>00:32:53.50</b>	+00:12:04 (39.3%)	6:08	9.8 (60.9%)
138	<b>GAŁUSZKO Dagmara</b>	<b>51</b>		K Open	40	00:26:38	<b>00:30:55.40</b>	<b>00:57:33.50</b>	+00:12:17 (39.7%)	6:11	9.7 (60.2%)
139	<b>KOPKA Elżbieta</b>	<b>94</b>	WIECZORNE BIEGANIE W SZCZECINIE	K Open	41	00:03:06	<b>00:30:55.85</b>	<b>00:34:02.65</b>	+00:12:17 (39.7%)	6:11	9.7 (60.2%)
140	<b>MATUSZAK Justyna</b>	<b>148</b>	RUNDORFINA	K Open	42	00:00:46	<b>00:30:59.30</b>	<b>00:31:46.00</b>	+00:12:21 (39.9%)	6:11	9.7 (60.2%)
141	<b>WIECZOREK Magdalena</b>	<b>287</b>		K Open	43	00:06:34	<b>00:31:04.50</b>	<b>00:37:39.20</b>	+00:12:26 (40.0%)	6:12	9.7 (60.2%)
142	<b>JASIŃSKI Robert</b>	<b>78</b>		M Open	99	00:15:23	<b>00:31:04.75</b>	<b>00:46:28.60</b>	+00:12:26 (40.0%)	6:12	9.7 (60.2%)
143	<b>SMOLSKA Barbara</b>	<b>239</b>		K Open	44	00:26:34	<b>00:31:07.10</b>	<b>00:57:42.00</b>	+00:12:28 (40.1%)	6:13	9.6 (59.6%)
144	<b>DOMAGALSKA Daria</b>	<b>38</b>		K Open	45	00:12:40	<b>00:31:14.90</b>	<b>00:43:55.00</b>	+00:12:36 (40.4%)	6:14	9.6 (59.6%)
145	<b>CHŁAPOWSKA Ewelina</b>	<b>22</b>		K Open	46	00:00:55	<b>00:31:16.40</b>	<b>00:32:11.60</b>	+00:12:38 (40.4%)	6:15	9.6 (59.6%)
146	<b>ORLON Barbara</b>	<b>174</b>		K Open	47	00:02:27	<b>00:31:16.95</b>	<b>00:33:44.00</b>	+00:12:38 (40.4%)	6:15	9.6 (59.6%)
147	<b>RÓŻYCKA Karina</b>	<b>214</b>		K Open	48	00:05:06	<b>00:31:24.30</b>	<b>00:36:30.60</b>	+00:12:46 (40.7%)	6:16	9.6 (59.6%)
148	<b>ROPIAK Renata</b>	<b>211</b>		K Open	49	00:20:39	<b>00:31:27.00</b>	<b>00:52:06.30</b>	+00:12:48 (40.7%)	6:17	9.5 (59.0%)
149	<b>KALINOWSKA Karolina</b>	<b>83</b>		K Open	50	00:20:38	<b>00:31:27.60</b>	<b>00:52:05.70</b>	+00:12:49 (40.8%)	6:17	9.5 (59.0%)
150	<b>KIJO-ŁYDKA Magdalena</b>	<b>89</b>		K Open	51	00:08:22	<b>00:31:28.35</b>	<b>00:39:50.95</b>	+00:12:50 (40.8%)	6:17	9.5 (59.0%)
151	<b>FLEJTERSKI Mateusz</b>	<b>50</b>		M Open	100	00:08:39	<b>00:31:28.45</b>	<b>00:40:08.35</b>	+00:12:50 (40.8%)	6:17	9.5 (59.0%)
152	<b>WASIELEWSKI Mariusz</b>	<b>281</b>		M Open	101	00:08:51	<b>00:31:30.95</b>	<b>00:40:22.30</b>	+00:12:52 (40.9%)	6:18	9.5 (59.0%)
153	<b>MATYSIAK Magdalena</b>	<b>149</b>		K Open	52	00:04:59	<b>00:31:40.05</b>	<b>00:36:39.10</b>	+00:13:01 (41.1%)	6:20	9.5 (59.0%)
154	<b>MADEJ Aleksander</b>	<b>136</b>		M Open	102	00:09:24	<b>00:31:40.20</b>	<b>00:41:04.20</b>	+00:13:01 (41.1%)	6:20	9.5 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
155	<b>MADEJ Anna</b>	<b>137</b>		K Open	53	00:09:23	<b>00:31:40.80</b>	<b>00:41:03.80</b>	+00:13:02 (41.2%)	6:20	9.5 (59.0%)
156	<b>MURAWSKA Dorota</b>	<b>317</b>		K Open	54	00:02:06	<b>00:31:40.95</b>	<b>00:33:46.95</b>	+00:13:02 (41.2%)	6:20	9.5 (59.0%)
157	<b>WAWSZCZYK Marek</b>	<b>284</b>		M Open	103	00:37:03	<b>00:31:44.65</b>	<b>01:08:48.25</b>	+00:13:06 (41.3%)	6:20	9.5 (59.0%)
158	<b>ROMAŃSKA Joanna</b>	<b>210</b>		K Open	55	00:00:53	<b>00:31:44.70</b>	<b>00:32:38.00</b>	+00:13:06 (41.3%)	6:20	9.5 (59.0%)
159	<b>KWIATKOWSKA Aleksandra</b>	<b>116</b>		K Open	56	00:01:52	<b>00:31:45.05</b>	<b>00:33:37.40</b>	+00:13:06 (41.3%)	6:21	9.4 (58.4%)
160	<b>ŁODZIATO Magdalena</b>	<b>127</b>	TURKEYS TEAM	K Open	57	00:01:11	<b>00:31:50.95</b>	<b>00:33:02.35</b>	+00:13:12 (41.5%)	6:22	9.4 (58.4%)
161	<b>TOKARCZYK Marta</b>	<b>269</b>		K Open	58	00:16:57	<b>00:31:51.10</b>	<b>00:48:48.60</b>	+00:13:12 (41.5%)	6:22	9.4 (58.4%)
162	<b>PODWYSZYŃSKI Sebastian</b>	<b>196</b>		M Open	104	00:07:01	<b>00:31:59.35</b>	<b>00:39:00.50</b>	+00:13:21 (41.7%)	6:23	9.4 (58.4%)
163	<b>BEJSTER Przemysław</b>	<b>9</b>	WIECZORNE BIEGANIE W SZCZECINIE	M Open	105	00:06:18	<b>00:32:07.35</b>	<b>00:38:25.65</b>	+00:13:29 (42.0%)	6:25	9.3 (57.8%)
164	<b>MIŚNIK Zofia</b>	<b>160</b>		K Open	59	00:06:24	<b>00:32:08.30</b>	<b>00:38:32.55</b>	+00:13:30 (42.0%)	6:25	9.3 (57.8%)
165	<b>STACHOWICZ-HAWRYŁAK Sylwia</b>	<b>243</b>		K Open	60	00:09:58	<b>00:32:16.95</b>	<b>00:42:15.05</b>	+00:13:38 (42.3%)	6:27	9.3 (57.8%)
166	<b>NOWAKOWSKA Adriana</b>	<b>170</b>		K Open	61	00:07:44	<b>00:32:18.45</b>	<b>00:40:03.10</b>	+00:13:40 (42.3%)	6:27	9.3 (57.8%)
167	<b>MRÓZ Marta</b>	<b>162</b>		K Open	62	00:02:12	<b>00:32:21.40</b>	<b>00:34:34.20</b>	+00:13:43 (42.4%)	6:28	9.3 (57.8%)
168	<b>TOŁKACZ Karolina</b>	<b>270</b>		K Open	63	00:01:45	<b>00:32:21.70</b>	<b>00:34:06.75</b>	+00:13:43 (42.4%)	6:28	9.3 (57.8%)
169	<b>SZWABOWSKA Karolina</b>	<b>262</b>		K Open	64	00:08:05	<b>00:32:40.05</b>	<b>00:40:45.80</b>	+00:14:01 (42.9%)	6:32	9.2 (57.1%)
170	<b>MAZUR Emilia</b>	<b>150</b>		K Open	65	00:08:03	<b>00:32:42.60</b>	<b>00:40:45.90</b>	+00:14:04 (43.0%)	6:32	9.2 (57.1%)
171	<b>MAKSYM Sylwia</b>	<b>143</b>	BKS SKORPION SZCZECIN	K Open	66	00:00:17	<b>00:32:43.75</b>	<b>00:33:00.90</b>	+00:14:05 (43.1%)	6:32	9.2 (57.1%)
171	<b>GŁOGOWSKI Jan</b>	<b>55</b>		M Open	106	00:09:17	<b>00:32:43.75</b>	<b>00:42:01.65</b>	+00:14:05 (43.1%)	6:32	9.2 (57.1%)
173	<b>HARWAT Katarzyna</b>	<b>65</b>		K Open	67	00:24:21	<b>00:32:46.10</b>	<b>00:57:07.30</b>	+00:14:07 (43.1%)	6:33	9.2 (57.1%)
174	<b>BORTNIK Bartosz</b>	<b>18</b>		M Open	107	00:03:28	<b>00:32:48.30</b>	<b>00:36:16.60</b>	+00:14:10 (43.2%)	6:33	9.1 (56.5%)
175	<b>DESZ Sebastian</b>	<b>33</b>		M Open	108	00:01:30	<b>00:32:49.40</b>	<b>00:34:20.30</b>	+00:14:11 (43.2%)	6:33	9.1 (56.5%)
176	<b>RUTKOWSKI Konrad</b>	<b>217</b>	RAGNAROK SZCZECIN	M Open	109	00:03:40	<b>00:32:53.30</b>	<b>00:36:33.70</b>	+00:14:15 (43.3%)	6:34	9.1 (56.5%)
177	<b>CIESIELCZYK Bartosz</b>	<b>216</b>		M Open	110	00:03:36	<b>00:33:01.35</b>	<b>00:36:37.55</b>	+00:14:23 (43.6%)	6:36	9.1 (56.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
178	<b>ŚWITALSKA Edyta</b>	<b>265</b>	SZCZECIŃSKIE CENTRUM TRENINGU PERSONALNEGO	K Open	68	00:06:31	<b>00:33:05.45</b>	<b>00:39:37.20</b>	+00:14:27 (43.7%)	6:37	9.1 (56.5%)
179	<b>MARCINKIEWICZ-ZIOMEK Oliwia</b>	<b>146</b>		K Open	69	00:01:09	<b>00:33:06.95</b>	<b>00:34:16.65</b>	+00:14:28 (43.7%)	6:37	9.1 (56.5%)
180	<b>JAKUBOWSKA Anna</b>	<b>76</b>		K Open	70	00:02:54	<b>00:33:19.45</b>	<b>00:36:14.00</b>	+00:14:41 (44.1%)	6:39	9 (55.9%)
181	<b>PIOTROWSKI Krzysztof</b>	<b>192</b>	AMPIO TEAM	M Open	111	00:03:51	<b>00:33:19.75</b>	<b>00:37:11.05</b>	+00:14:41 (44.1%)	6:39	9 (55.9%)
182	<b>STELMACH Artur</b>	<b>245</b>		M Open	112	00:16:13	<b>00:33:20.60</b>	<b>00:49:33.75</b>	+00:14:42 (44.1%)	6:40	9 (55.9%)
183	<b>PIOTROWSKA Dorota</b>	<b>189</b>	AMPIO TEAM	K Open	71	00:03:48	<b>00:33:22.20</b>	<b>00:37:11.00</b>	+00:14:43 (44.1%)	6:40	9 (55.9%)
184	<b>WIELGUS-ULATOWSKA Joanna</b>	<b>290</b>		K Open	72	00:24:44	<b>00:33:25.90</b>	<b>00:58:10.30</b>	+00:14:47 (44.2%)	6:41	9 (55.9%)
185	<b>PACH Magdalena</b>	<b>177</b>		K Open	73	00:08:19	<b>00:33:32.85</b>	<b>00:41:52.10</b>	+00:14:54 (44.4%)	6:42	8.9 (55.3%)
186	<b>ZIELIŃSKA Ludmiła</b>	<b>312</b>	KB WIKON NOWA SÓL	K Open	74	00:20:58	<b>00:33:33.05</b>	<b>00:54:31.40</b>	+00:14:54 (44.4%)	6:42	8.9 (55.3%)
187	<b>ZAKRZEWSKA Anna</b>	<b>306</b>		K Open	75	00:17:50	<b>00:33:34.25</b>	<b>00:51:24.80</b>	+00:14:55 (44.5%)	6:42	8.9 (55.3%)
188	<b>MAHACZEK Adam</b>	<b>139</b>		M Open	113	00:19:12	<b>00:33:35.90</b>	<b>00:52:48.20</b>	+00:14:57 (44.5%)	6:43	8.9 (55.3%)
189	<b>MACIBORSKI Mirosław</b>	<b>133</b>	WIECZORNE BIEGANIE W SZCZECINIE	M Open	114	00:34:51	<b>00:33:43.50</b>	<b>01:08:35.10</b>	+00:15:05 (44.7%)	6:44	8.9 (55.3%)
190	<b>IZNEROWICZ Monika</b>	<b>74</b>	WIECZORNE BIEGANIE W SZCZECINIE	K Open	76	00:03:11	<b>00:33:44.25</b>	<b>00:36:56.00</b>	+00:15:05 (44.8%)	6:44	8.9 (55.3%)
191	<b>PAWELCZAK Cezary</b>	<b>184</b>	WIECZORNE BIEGANIE W SZCZECINIE	M Open	115	00:07:21	<b>00:33:49.75</b>	<b>00:41:11.20</b>	+00:15:11 (44.9%)	6:45	8.9 (55.3%)
192	<b>CIEŚLA Agnieszka</b>	<b>28</b>		K Open	77	00:07:36	<b>00:34:01.40</b>	<b>00:41:38.25</b>	+00:15:23 (45.2%)	6:48	8.8 (54.7%)
193	<b>KOŚCIŃSKI Jacek</b>	<b>98</b>		M Open	116	00:25:00	<b>00:34:04.65</b>	<b>00:59:05.60</b>	+00:15:26 (45.3%)	6:48	8.8 (54.7%)
194	<b>SOBCZAK-KUFEL Ilona</b>	<b>240</b>	PATOBIEGANIE	K Open	78	00:18:37	<b>00:34:08.95</b>	<b>00:52:46.25</b>	+00:15:30 (45.4%)	6:49	8.8 (54.7%)
195	<b>LEBIODA Alicja</b>	<b>119</b>		K Open	79	00:07:17	<b>00:34:09.30</b>	<b>00:41:27.05</b>	+00:15:31 (45.4%)	6:49	8.8 (54.7%)
196	<b>KOŚCIŃSKA Elżbieta</b>	<b>97</b>		K Open	80	00:25:00	<b>00:34:09.55</b>	<b>00:59:10.00</b>	+00:15:31 (45.4%)	6:49	8.8 (54.7%)
197	<b>MAKSIMOWICZ Paweł</b>	<b>142</b>		M Open	117	00:12:48	<b>00:34:20.05</b>	<b>00:47:08.05</b>	+00:15:41 (45.7%)	6:52	8.7 (54.0%)
198	<b>WIŚNIEWSKA Marta</b>	<b>295</b>	PATOBIEGANIE	K Open	81	00:18:22	<b>00:34:24.80</b>	<b>00:52:46.90</b>	+00:15:46 (45.8%)	6:52	8.7 (54.0%)
199	<b>DĘBICKA Iwona</b>	<b>34</b>		K Open	82	00:15:29	<b>00:34:28.85</b>	<b>00:49:58.75</b>	+00:15:50 (45.9%)	6:53	8.7 (54.0%)
200	<b>MAJCHEREK Paulina</b>	<b>140</b>		K Open	83	00:14:59	<b>00:34:32.60</b>	<b>00:49:32.25</b>	+00:15:54 (46.0%)	6:54	8.7 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
201	<b>WIECZOREK Wojciech</b>	<b>288</b>	WIECZORKI3	M Open	118	00:06:45	<b>00:34:34.45</b>	<b>00:41:19.85</b>	+00:15:56 (46.1%)	6:54	8.7 (54.0%)
202	<b>SKIBA Michał</b>	<b>234</b>		M Open	119	00:05:13	<b>00:34:37.55</b>	<b>00:39:50.90</b>	+00:15:59 (46.2%)	6:55	8.7 (54.0%)
203	<b>DZIĘCIOŁ Katarzyna</b>	<b>46</b>		K Open	84	00:02:51	<b>00:34:40.70</b>	<b>00:37:32.00</b>	+00:16:02 (46.3%)	6:56	8.7 (54.0%)
204	<b>KUZAK Krzysztof</b>	<b>114</b>		M Open	120	00:07:49	<b>00:34:41.35</b>	<b>00:42:30.40</b>	+00:16:03 (46.3%)	6:56	8.6 (53.4%)
205	<b>LEMAŃSKI Marcin</b>	<b>120</b>		M Open	121	00:15:14	<b>00:34:43.80</b>	<b>00:49:58.20</b>	+00:16:05 (46.3%)	6:56	8.6 (53.4%)
206	<b>CHROBOCINSKI Daniel</b>	<b>24</b>		M Open	122	00:04:02	<b>00:34:54.45</b>	<b>00:38:57.00</b>	+00:16:16 (46.6%)	6:58	8.6 (53.4%)
207	<b>JEKSIWA Anna</b>	<b>11</b>		K Open	85	00:04:11	<b>00:34:55.70</b>	<b>00:39:07.05</b>	+00:16:17 (46.6%)	6:59	8.6 (53.4%)
208	<b>SULEJA Joanna</b>	<b>250</b>		K Open	86	00:17:27	<b>00:35:11.00</b>	<b>00:52:38.30</b>	+00:16:32 (47.0%)	7:02	8.5 (52.8%)
209	<b>WASYLÓW Katarzyna</b>	<b>283</b>		K Open	87	00:13:53	<b>00:35:12.00</b>	<b>00:49:05.00</b>	+00:16:33 (47.1%)	7:02	8.5 (52.8%)
210	<b>SATEJA-FLEJETRSKA Paulina</b>	<b>223</b>		K Open	88	00:08:36	<b>00:35:14.50</b>	<b>00:43:50.50</b>	+00:16:36 (47.1%)	7:02	8.5 (52.8%)
211	<b>KUROWSKA Ewa</b>	<b>321</b>		K Open	89	00:38:22	<b>00:35:20.85</b>	<b>01:13:43.05</b>	+00:16:42 (47.3%)	7:04	8.5 (52.8%)
212	<b>DUDA Piotr</b>	<b>43</b>	12 BZ	M Open	123	00:00:58	<b>00:35:24.00</b>	<b>00:36:22.70</b>	+00:16:45 (47.3%)	7:04	8.5 (52.8%)
213	<b>SYDOR Katarzyna</b>	<b>252</b>	RUNDORFINA	K Open	90	00:00:45	<b>00:35:29.95</b>	<b>00:36:15.40</b>	+00:16:51 (47.5%)	7:05	8.5 (52.8%)
214	<b>CHROBOCIŃSKA Elżbieta</b>	<b>25</b>		K Open	91	00:03:59	<b>00:35:35.50</b>	<b>00:39:34.85</b>	+00:16:57 (47.6%)	7:07	8.4 (52.2%)
215	<b>KURZYŃSKI Ryszard</b>	<b>112</b>		M Open	124	00:07:11	<b>00:35:37.45</b>	<b>00:42:48.65</b>	+00:16:59 (47.7%)	7:07	8.4 (52.2%)
216	<b>BAIZERT Krzysiek</b>	<b>3</b>		M Open	125	00:05:17	<b>00:35:41.40</b>	<b>00:40:58.60</b>	+00:17:03 (47.8%)	7:08	8.4 (52.2%)
217	<b>DZIWISZ Bogusława</b>	<b>47</b>	#BIEGACZE	K Open	92	00:07:07	<b>00:35:42.10</b>	<b>00:42:49.55</b>	+00:17:03 (47.8%)	7:08	8.4 (52.2%)
218	<b>NIEWIAROWSKA Weronika</b>	<b>168</b>		K Open	93	00:05:14	<b>00:35:43.40</b>	<b>00:40:58.30</b>	+00:17:05 (47.8%)	7:08	8.4 (52.2%)
219	<b>KOLASA Agnieszka</b>	<b>92</b>		K Open	94	00:06:26	<b>00:35:45.45</b>	<b>00:42:12.30</b>	+00:17:07 (47.9%)	7:09	8.4 (52.2%)
220	<b>STODOLNA Ewa</b>	<b>247</b>		K Open	95	00:07:41	<b>00:35:45.50</b>	<b>00:43:26.85</b>	+00:17:07 (47.9%)	7:09	8.4 (52.2%)
221	<b>ZIELIŃSKA Beata</b>	<b>311</b>		K Open	96	00:08:56	<b>00:35:46.45</b>	<b>00:44:42.95</b>	+00:17:08 (47.9%)	7:09	8.4 (52.2%)
222	<b>JARCZEWSKA Renata</b>	<b>77</b>		K Open	97	00:00:48	<b>00:35:49.35</b>	<b>00:36:38.15</b>	+00:17:11 (48.0%)	7:09	8.4 (52.2%)
223	<b>MAZURAK Joanna</b>	<b>152</b>		K Open	98	00:34:50	<b>00:36:01.50</b>	<b>01:10:51.80</b>	+00:17:23 (48.3%)	7:12	8.3 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
224	<b>SZEPLEWICZ Małgosia</b>	<b>257</b>		K Open	99	00:01:02	<b>00:36:18.75</b>	<b>00:37:21.15</b>	+00:17:40 (48.7%)	7:15	8.3 (51.6%)
225	<b>MIJAL Przemysław</b>	<b>154</b>	ZMĘCZENI NA STARCIE	M Open	126	00:07:51	<b>00:36:19.50</b>	<b>00:44:10.90</b>	+00:17:41 (48.7%)	7:15	8.3 (51.6%)
226	<b>KOSINSKA Agnieszka</b>	<b>96</b>	WIECZORNE BIEGANIE	K Open	100	00:03:55	<b>00:36:20.25</b>	<b>00:40:16.10</b>	+00:17:41 (48.7%)	7:16	8.3 (51.6%)
227	<b>WIKTOROWSKA Katarzyna</b>	<b>293</b>		K Open	101	00:01:22	<b>00:36:41.65</b>	<b>00:38:04.55</b>	+00:18:03 (49.2%)	7:20	8.2 (50.9%)
228	<b>ROMANOWICZ Marek</b>	<b>209</b>		M Open	127	00:12:33	<b>00:36:42.20</b>	<b>00:49:15.45</b>	+00:18:03 (49.2%)	7:20	8.2 (50.9%)
229	<b>OSIŃSKI Grzegorz</b>	<b>176</b>		M Open	128	00:03:45	<b>00:36:54.10</b>	<b>00:40:39.70</b>	+00:18:15 (49.5%)	7:22	8.1 (50.3%)
230	<b>PIOTROWSKA Julita</b>	<b>190</b>		K Open	102	00:00:28	<b>00:37:06.90</b>	<b>00:37:35.65</b>	+00:18:28 (49.8%)	7:25	8.1 (50.3%)
231	<b>MALCZAK-RAJ Dominika</b>	<b>144</b>		K Open	103	00:00:23	<b>00:37:12.25</b>	<b>00:37:35.70</b>	+00:18:33 (49.9%)	7:26	8.1 (50.3%)
232	<b>SEJ Paweł</b>	<b>225</b>		M Open	129	00:18:11	<b>00:37:17.45</b>	<b>00:55:28.85</b>	+00:18:39 (50.0%)	7:27	8 (49.7%)
233	<b>KUPISZ Kasia</b>	<b>110</b>		K Open	104	00:00:35	<b>00:37:26.30</b>	<b>00:38:01.30</b>	+00:18:48 (50.2%)	7:29	8 (49.7%)
234	<b>LASKOWSKA Beata</b>	<b>117</b>		K Open	105	00:00:42	<b>00:37:30.35</b>	<b>00:38:12.60</b>	+00:18:52 (50.3%)	7:30	8 (49.7%)
235	<b>ANDRZEJEWSKA Sylwia</b>	<b>2</b>	ŚLIMKA BIEGA	K Open	106	00:05:39	<b>00:37:32.15</b>	<b>00:43:12.10</b>	+00:18:53 (50.3%)	7:30	8 (49.7%)
236	<b>KILIAN PAWELEC Katarzyna</b>	<b>90</b>	MONIKA GYM	K Open	107	00:07:05	<b>00:37:42.95</b>	<b>00:44:48.30</b>	+00:19:04 (50.6%)	7:32	8 (49.7%)
237	<b>MACULEWICZ Gabriela</b>	<b>135</b>		K Open	108	00:05:50	<b>00:38:02.45</b>	<b>00:43:52.85</b>	+00:19:24 (51.0%)	7:36	7.9 (49.1%)
238	<b>SIEDLECKI Adam</b>	<b>327</b>	GIENEK TEAM	M Open	130	00:11:04	<b>00:38:14.90</b>	<b>00:49:19.60</b>	+00:19:36 (51.3%)	7:38	7.8 (48.4%)
239	<b>SZALEWICZ Małgorzata</b>	<b>253</b>	SZYBCIEJ NIE MOGĘ	K Open	109	00:11:02	<b>00:38:16.25</b>	<b>00:49:18.45</b>	+00:19:37 (51.3%)	7:39	7.8 (48.4%)
240	<b>KURASIŃSKA Dorota</b>	<b>111</b>		K Open	110	00:03:19	<b>00:38:36.45</b>	<b>00:41:56.10</b>	+00:19:58 (51.7%)	7:43	7.8 (48.4%)
241	<b>ORSZULSKA Magdalena</b>	<b>175</b>	WIECZORNE BIEGANIE W SZCZECINIE	K Open	111	00:03:15	<b>00:38:38.85</b>	<b>00:41:54.70</b>	+00:20:00 (51.8%)	7:43	7.8 (48.4%)
242	<b>SZCZERBIŃSKA Barbara</b>	<b>256</b>		K Open	112	00:10:45	<b>00:38:40.05</b>	<b>00:49:25.70</b>	+00:20:01 (51.8%)	7:44	7.8 (48.4%)
243	<b>KUSZYK Małgorzata</b>	<b>113</b>		K Open	113	00:03:03	<b>00:38:40.90</b>	<b>00:41:44.85</b>	+00:20:02 (51.8%)	7:44	7.8 (48.4%)
244	<b>HURKO-PIOTROWSKA Paulina</b>	<b>72</b>		K Open	114	00:04:07	<b>00:38:43.05</b>	<b>00:42:51.00</b>	+00:20:04 (51.9%)	7:44	7.7 (47.8%)
245	<b>WOŹNIAK Karolina</b>	<b>303</b>		K Open	115	00:04:36	<b>00:38:49.95</b>	<b>00:43:26.45</b>	+00:20:11 (52.0%)	7:45	7.7 (47.8%)
246	<b>WYSOCKA Izabela</b>	<b>305</b>		K Open	116	00:06:37	<b>00:38:50.35</b>	<b>00:45:27.75</b>	+00:20:12 (52.0%)	7:46	7.7 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
247	<b>WOŹNIAK Kacper</b>	<b>302</b>		M Open	131	00:04:35	<b>00:38:51.75</b>	<b>00:43:27.50</b>	+00:20:13 (52.0%)	7:46	7.7 (47.8%)
248	<b>GÓRSKA Agnieszka</b>	<b>57</b>	SZALONE WILCZYCE	K Open	117	00:04:31	<b>00:39:15.85</b>	<b>00:43:47.80</b>	+00:20:37 (52.5%)	7:51	7.6 (47.2%)
249	<b>GRABOŃ-GRZEŚKOWIAK Gabriela</b>	<b>58</b>		K Open	118	00:26:31	<b>00:39:19.50</b>	<b>01:05:51.30</b>	+00:20:41 (52.6%)	7:51	7.6 (47.2%)
250	<b>SZUDARSKA Kasia</b>	<b>261</b>		K Open	119	00:26:29	<b>00:39:21.30</b>	<b>01:05:50.30</b>	+00:20:43 (52.6%)	7:52	7.6 (47.2%)
251	<b>MISIASZEK Beata</b>	<b>156</b>		K Open	120	00:06:41	<b>00:39:29.55</b>	<b>00:46:10.70</b>	+00:20:51 (52.8%)	7:53	7.6 (47.2%)
252	<b>DOMAGALSKI Sławomir</b>	<b>40</b>	SKB DZIK	M Open	132	00:12:44	<b>00:40:17.55</b>	<b>00:53:01.95</b>	+00:21:39 (53.7%)	8:03	7.4 (46.0%)
253	<b>CIEŚLAK Adam</b>	<b>30</b>	LEGENDARY POWER SZEWC	M Open	133	00:04:48	<b>00:40:28.30</b>	<b>00:45:17.20</b>	+00:21:50 (53.9%)	8:05	7.4 (46.0%)
254	<b>BODNAR Zbigniew</b>	<b>15</b>	BIEG KORCZAKA	M Open	134	00:04:41	<b>00:40:35.50</b>	<b>00:45:17.10</b>	+00:21:57 (54.1%)	8:07	7.4 (46.0%)
255	<b>OLEJNIK Agnieszka</b>	<b>172</b>	AGA ROZBIEGANI MAMA	K Open	121	00:02:15	<b>00:40:37.50</b>	<b>00:42:52.95</b>	+00:21:59 (54.1%)	8:07	7.4 (46.0%)
256	<b>SAŁAGA Anna</b>	<b>222</b>	BKS SKORIOPN SZCZECIN	K Open	122	00:00:24	<b>00:40:47.45</b>	<b>00:41:12.20</b>	+00:22:09 (54.3%)	8:09	7.4 (46.0%)
257	<b>WASIELEWSKA Katarzyna</b>	<b>280</b>		K Open	123	00:08:48	<b>00:41:02.25</b>	<b>00:49:50.80</b>	+00:22:23 (54.6%)	8:12	7.3 (45.3%)
258	<b>PŁOSA Monika</b>	<b>194</b>		K Open	124	00:08:45	<b>00:41:04.10</b>	<b>00:49:49.65</b>	+00:22:25 (54.6%)	8:12	7.3 (45.3%)
259	<b>LIGNOWSKA Martyna</b>	<b>122</b>		K Open	125	00:20:31	<b>00:41:55.50</b>	<b>01:02:27.10</b>	+00:23:17 (55.5%)	8:23	7.2 (44.7%)
260	<b>HUDECKA Evelyn</b>	<b>71</b>		K Open	126	00:05:01	<b>00:42:10.25</b>	<b>00:47:11.40</b>	+00:23:31 (55.8%)	8:26	7.1 (44.1%)
261	<b>GUBERNIAK Andrzej</b>	<b>62</b>	TURKEYS TEAM	M Open	135	00:01:13	<b>00:42:38.10</b>	<b>00:43:51.45</b>	+00:23:59 (56.3%)	8:31	7 (43.5%)
262	<b>PARCHIMOWICZ Janusz</b>	<b>180</b>		M Open	136	00:04:33	<b>00:43:00.35</b>	<b>00:47:33.40</b>	+00:24:22 (56.7%)	8:36	7 (43.5%)
263	<b>SIKORA Magdalena</b>	<b>231</b>		K Open	127	00:04:28	<b>00:43:02.70</b>	<b>00:47:31.00</b>	+00:24:24 (56.7%)	8:36	7 (43.5%)
264	<b>DOMAGALSKI Maciej</b>	<b>41</b>		M Open	137	00:06:05	<b>00:43:22.10</b>	<b>00:49:27.60</b>	+00:24:43 (57.0%)	8:40	6.9 (42.9%)
265	<b>TADYCH Beata</b>	<b>266</b>		K Open	128	00:17:39	<b>00:44:25.45</b>	<b>01:02:04.75</b>	+00:25:47 (58.0%)	8:53	6.8 (42.2%)
266	<b>MALINOWSKA-WASILUK Agnieszka</b>	<b>145</b>	MATKI-WARIATKI	K Open	129	00:07:35	<b>00:45:07.40</b>	<b>00:52:42.90</b>	+00:26:29 (58.7%)	9:01	6.6 (41.0%)
267	<b>ŻUK Paweł</b>	<b>314</b>		M Open	138	00:00:39	<b>00:45:22.75</b>	<b>00:46:01.90</b>	+00:26:44 (58.9%)	9:04	6.6 (41.0%)
268	<b>ZDUNOWSKI Zdzisław</b>	<b>310</b>		M Open	139	00:05:35	<b>00:45:37.45</b>	<b>00:51:13.20</b>	+00:26:59 (59.1%)	9:07	6.6 (41.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
269	<b>ŚLIWIŃSKA Anna</b>	<b>264</b>	BOKSERSKI SKORPION	K Open	130	00:00:32	<b>00:46:06.70</b>	<b>00:46:39.50</b>	+00:27:28 (59.6%)	9:13	6.5 (40.4%)
270	<b>DOMAGALSKA Agata</b>	<b>39</b>	SKB DZIK	K Open	131	00:06:02	<b>00:46:58.80</b>	<b>00:53:01.70</b>	+00:28:20 (60.3%)	9:23	6.4 (39.8%)
271	<b>KORACH Aleksandra</b>	<b>95</b>		K Open	132	00:00:37	<b>00:47:01.70</b>	<b>00:47:38.85</b>	+00:28:23 (60.4%)	9:24	6.4 (39.8%)
272	<b>SIENKIEWICZ Jolanta</b>	<b>229</b>	DMUCHAWIEC GOLENIÓW	K Open	133	00:04:05	<b>00:48:05.85</b>	<b>00:52:10.90</b>	+00:29:27 (61.2%)	9:37	6.2 (38.5%)
273	<b>BARTOŁD Marta</b>	<b>6</b>		K Open	134	00:00:30	<b>00:49:07.50</b>	<b>00:49:38.40</b>	+00:30:29 (62.1%)	9:49	6.1 (37.9%)
274	<b>LITWINIAK Izabela</b>	<b>123</b>		K Open	135	00:08:15	<b>00:52:26.45</b>	<b>01:00:41.70</b>	+00:33:48 (64.5%)	10:29	5.7 (35.4%)
275	<b>PELC Marek</b>	<b>185</b>	12 BZ	M Open	140	00:01:07					(0.0%)

Znaleziono 275 wynik(ów)