

IV BIEG POGOŃ RAKA - SZCZECIN

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Organiser: Stowarzyszenie Walki z Rakiem Płuca Oddział Szczecin
Date: 2020-10-04
Place: Szczecin
Distance: 5 km

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Classification: All

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

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

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

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

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace 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%)

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

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

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

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

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

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

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

Total 275 results.