

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: M Open

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo 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%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo 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 | FIEŃKO 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 | 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%) |
| 32 | 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%) |
| 33 | 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%) |
| 34 | 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%) |
| 35 | 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%) |
| 36 | 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%) |
| 37 | 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%) |
| 38 | 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%) |
| 39 | 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%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|--|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 40 | 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%) |
| 41 | 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%) |
| 42 | 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%) |
| 43 | 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%) |
| 44 | 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%) |
| 45 | 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%) |
| 46 | 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%) |
| 47 | 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%) |
| 48 | 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%) |
| 49 | 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%) |
| 50 | 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%) |
| 51 | 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%) |
| 52 | 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%) |
| 53 | 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%) |
| 54 | 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%) |
| 55 | 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%) |
| 56 | 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%) |
| 57 | 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%) |
| 58 | 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%) |
| 59 | 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%) |
| 60 | 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%) |
| 61 | 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%) |
| 62 | 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%) |

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|-----|--------------------|-------|---------------------------------|-----------|------|-------------|----------------|-----------------|-------------------|--------------|--------------|
| 63 | 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%) |
| 64 | 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%) |
| 65 | 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%) |
| 66 | 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%) |
| 67 | 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%) |
| 68 | 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%) |
| 69 | 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%) |
| 70 | 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%) |
| 71 | 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%) |
| 72 | 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%) |
| 73 | 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%) |
| 74 | 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%) |
| 75 | 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%) |
| 76 | 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%) |
| 77 | 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%) |
| 78 | 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%) |
| 79 | 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%) |
| 80 | 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%) |
| 81 | 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%) |
| 82 | 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%) |
| 83 | 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%) |
| 84 | 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%) |
| 85 | 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%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|---|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 86 | SALAĞA 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%) |
| 87 | 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%) |
| 88 | 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%) |
| 89 | 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%) |
| 90 | 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%) |
| 91 | 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%) |
| 92 | 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%) |
| 93 | 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%) |
| 94 | 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%) |
| 95 | 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%) |
| 96 | 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%) |
| 97 | SURDAKCI 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%) |
| 98 | 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%) |
| 99 | 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%) |
| 100 | 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%) |
| 101 | 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%) |
| 102 | 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%) |
| 103 | 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%) |
| 104 | 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%) |
| 105 | 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%) |
| 106 | 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%) |
| 107 | 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%) |
| 108 | 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%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 109 | 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%) |
| 110 | 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%) |
| 111 | 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%) |
| 112 | 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%) |
| 113 | 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%) |
| 114 | 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%) |
| 115 | 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%) |
| 116 | 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%) |
| 117 | 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%) |
| 118 | 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%) |
| 119 | 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%) |
| 120 | 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%) |
| 121 | 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%) |
| 122 | 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%) |
| 123 | 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%) |
| 124 | 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%) |
| 125 | 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%) |
| 126 | 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%) |
| 127 | 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%) |
| 128 | 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%) |
| 129 | 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%) |
| 130 | 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%) |
| 131 | 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%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|-----------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|----------------|
| 132 | 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%) |
| 133 | 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%) |
| 134 | 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%) |
| 135 | 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%) |
| 136 | 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%) |
| 137 | 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%) |
| 138 | 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%) |
| 139 | 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%) |
| 140 | PELC Marek | 185 | 12 BZ | M Open | 140 | 00:01:07 | | | | | (0.0%) |

Znaleziono 140 wynik(ów)