



## IV EKSTREMALNY DZIKOBIEG

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Wydarzenie:** Dziki Weekend 2018  
**Organizator:** Stowarzyszenie Klub Biegowy Dzik  
**Data:** 2018-08-19  
**Miejsce:** Police  
**Dystans:** 7.5 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M2 30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Mundurowi	Drużyna Kluby	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
1	<b>POKRZYWIŃSKI Zbigniew</b>	<b>667</b>	BBL POLICE	M2 30-39	1	12BZ Szczecin		xRunners	<b>00:48:19.45</b>	<b>00:48:19.45</b>		6:26	9,3 (100%)
2	<b>SOWAŁA Wojciech</b>	<b>796</b>	KW PSP ŁÓDŹ	M2 30-39	2	KW PSP ŁÓDŹ			<b>00:49:17.25</b>	<b>00:49:17.25</b>	+00:00:57 (2.0%)	6:34	9.1 (101.1%)
3	<b>PLESNER Krzysztof</b>	<b>856</b>	KMPSP SZCZECIN	M2 30-39	3	PSP SZCZECIN		PSP Szczecin	<b>00:49:35.95</b>	<b>00:49:35.95</b>	+00:01:16 (2.6%)	6:36	9.1 (101.1%)
4	<b>GREGULA Wojt</b>	<b>777</b>	STRAŻ POŻARNA	M2 30-39	4	PSP SZCZECIN		Straż Pożarna Szczecin	<b>00:49:59.10</b>	<b>00:49:59.10</b>	+00:01:39 (3.3%)	6:39	9 (100%)
5	<b>POGOCKI Seweryn</b>	<b>795</b>	KW PSP ŁÓDŹ	M2 30-39	5	KW PSP ŁÓDŹ			<b>00:50:46.20</b>	<b>00:50:46.20</b>	+00:02:26 (4.8%)	6:46	8.9 (98.9%)
6	<b>SKORSKI Lukasz</b>	<b>552</b>		M2 30-39	6				<b>00:50:52.35</b>	<b>00:50:52.35</b>	+00:02:32 (5.0%)	6:46	8,8 (88.9%)
7	<b>PAWLIŃSKI Piotr</b>	<b>904</b>	GRUPA AZOTY POLICE	M2 30-39	7			Grupa Azoty Police	<b>00:51:05.30</b>	<b>00:51:05.30</b>	+00:02:45 (5.4%)	6:48	8.8 (97.8%)
8	<b>CHUDAŃSKI Hubert</b>	<b>642</b>	SP PSP BYDGOSZCZ	M2 30-39	8				<b>00:54:12.55</b>	<b>00:54:12.55</b>	+00:05:53 (10.9%)	7:13	8,3 (88.9%)
9	<b>GAWLIK Wojciech</b>	<b>394</b>	IWSP SZ	M2 30-39	9				<b>00:54:14.75</b>	<b>00:54:14.75</b>	+00:05:55 (10.9%)	7:13	8,3 (88.9%)
10	<b>HENDZEL Miłosz</b>	<b>28</b>	PUSZCZYK BUKOWY	M2 30-39	10				<b>00:54:25.05</b>	<b>00:54:25.05</b>	+00:06:05 (11.2%)	7:15	8,3 (88.9%)
11	<b>PŁOŃSKI Jakub</b>	<b>1148</b>		M2 30-39	11			Dziki Dzik Gorzów	<b>00:54:36.30</b>	<b>00:54:36.30</b>	+00:06:16 (11.5%)	7:16	8,2 (88.9%)
12	<b>PRAŻANOWSKI Grzegorz</b>	<b>1096</b>	DESZCZNO WARRIORS	M2 30-39	12			Deszczno Warriors	<b>00:55:39.25</b>	<b>00:55:39.25</b>	+00:07:19 (13.2%)	7:25	8,1 (88.9%)
13	<b>MASIUKIEWICZ Jacek</b>	<b>1338</b>	DESZCZNO WARRIORS	M2 30-39	13			Deszczno Warriors	<b>00:56:02.25</b>	<b>00:56:02.25</b>	+00:07:42 (13.8%)	7:28	8 (88.9%)
14	<b>HOŁYŃSKI Leszek</b>	<b>239</b>	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	14				<b>00:56:10.90</b>	<b>00:56:10.90</b>	+00:07:51 (14.0%)	7:29	8 (88.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Mundurowi	Drużyna Kluby	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
15	<b>WRÓBLEWSKI Michał</b>	<b>479</b>	GRA RUNNERS	M2 30-39	15			Gryficka Siła Biegowa	<b>00:56:31.25</b>	<b>00:56:31.25</b>	+00:08:11 (14.5%)	7:32	8 (88.9%)
16	<b>PAPLICKI Michał</b>	<b>1031</b>	DZIKIE DZIKI GORZÓW	M2 30-39	16			Dzikie Dzikie Gorzów	<b>00:56:34.65</b>	<b>00:56:34.65</b>	+00:08:15 (14.6%)	7:32	8 (88.9%)
17	<b>GOŁĘBIEWSKI Tomasz</b>	<b>584</b>	PARUNMEDIC	M2 30-39	17	paRUNmedic		paRUNmedic	<b>00:56:47.10</b>	<b>00:56:47.10</b>	+00:08:27 (14.9%)	7:34	7,9 (77.8%)
18	<b>KOŁODZIŃSKI Paweł</b>	<b>747</b>	DZIKIE DZIKI GORZÓW	M2 30-39	18			Dzikie Dzikie Gorzów	<b>00:57:27.30</b>	<b>00:57:27.30</b>	+00:09:07 (15.9%)	7:39	7,8 (77.8%)
19	<b>SZYMKIEWICZ Łukasz</b>	<b>1070</b>	MECHANICY	M2 30-39	19				<b>00:57:41.40</b>	<b>00:57:41.40</b>	+00:09:21 (16.2%)	7:41	7,8 (77.8%)
20	<b>KOZAJDA Tomasz</b>	<b>1292</b>	DESZCZNO WARRIORS	M2 30-39	20				<b>00:57:52.85</b>	<b>00:57:52.85</b>	+00:09:33 (16.5%)	7:42	7,8 (77.8%)
21	<b>KWIATKOWSKI Kajetan</b>	<b>47</b>	BIGYELLOWFOOT ADVENTURE TEAM	M2 30-39	21			Małe Lwy	<b>01:01:18.85</b>	<b>01:01:18.85</b>	+00:12:59 (21.2%)	8:10	7,3 (77.8%)
22	<b>SIEDLER Martin</b>	<b>302</b>	SV DONSBRUGGEN	M2 30-39	22				<b>01:02:04.10</b>	<b>01:02:04.10</b>	+00:13:44 (22.1%)	8:16	7,3 (77.8%)
23	<b>POCIERZNICKI Rafał</b>	<b>384</b>	3KPZMOT/1BPZMOT/12BZ	M2 30-39	23	3kpzmot/1bpzmot			<b>01:03:28.45</b>	<b>01:03:28.45</b>	+00:15:09 (23.9%)	8:27	7,1 (77.8%)
24	<b>TWARDOWSKI Michał</b>	<b>942</b>	XRUNNERS	M2 30-39	24	JW 3605		xRunners	<b>01:03:30.15</b>	<b>01:03:30.15</b>	+00:15:10 (23.9%)	8:28	7,1 (77.8%)
25	<b>PRZYBYSZ Rafał</b>	<b>555</b>	23. BAZA LOTNICTWA TAKTYCZNEGO	M2 30-39	25	23. Baza Lotnictwa Taktycznego		23. Baza Lotnictwa Taktycznego	<b>01:04:03.45</b>	<b>01:04:03.45</b>	+00:15:44 (24.6%)	8:32	7 (77.8%)
26	<b>KOZŁOWSKI Artur</b>	<b>956</b>		M2 30-39	26				<b>01:04:10.80</b>	<b>01:04:10.80</b>	+00:15:51 (24.7%)	8:33	7 (77.8%)
27	<b>TOPOREK Przemysław</b>	<b>713</b>	DLL PARTNERS	M2 30-39	27			DLL Partners	<b>01:04:45.65</b>	<b>01:04:45.65</b>	+00:16:26 (25.4%)	8:38	6,9 (76.7%)
28	<b>ROZICKI Krzysztof</b>	<b>425</b>	3KPZMOT/1BPZMOT/12BZ	M2 30-39	28	3kpzmot/1bpzmot/12BZ		3kpzmot/1bpzmot/12BZ	<b>01:05:04.55</b>	<b>01:05:04.55</b>	+00:16:45 (25.7%)	8:40	6,9 (76.7%)
29	<b>LUDWICZAK Jarosław</b>	<b>260</b>	KOŚCIAN TEAM	M2 30-39	29				<b>01:05:14.70</b>	<b>01:05:14.70</b>	+00:16:55 (25.9%)	8:41	6,9 (66.7%)
30	<b>GŁADYSZ Jarosław</b>	<b>435</b>		M2 30-39	30				<b>01:05:25.90</b>	<b>01:05:25.90</b>	+00:17:06 (26.1%)	8:43	6,9 (66.7%)
31	<b>SZARZEC Przemysław</b>	<b>375</b>	3KPZMOT/1BPZMOT/12BZ	M2 30-39	31	3kpzmot/1bpzmot/12BZ		3kpzmot/1bpzmot/12BZ	<b>01:05:31.95</b>	<b>01:05:31.95</b>	+00:17:12 (26.3%)	8:44	6,9 (76.7%)
32	<b>PORZYCH Zbigniew</b>	<b>346</b>	CALIBRA TIM	M2 30-39	32				<b>01:05:51.45</b>	<b>01:05:51.45</b>	+00:17:32 (26.6%)	8:46	6,8 (66.7%)
33	<b>SCHERFENBERG Łukasz</b>	<b>348</b>		M2 30-39	33			ZS Zwyrole	<b>01:05:58.70</b>	<b>01:05:58.70</b>	+00:17:39 (26.8%)	8:47	6,8 (66.7%)
34	<b>SZCZEPANIAK Marcin</b>	<b>17</b>	XRUNNERS	M2 30-39	34				<b>01:06:19.35</b>	<b>01:06:19.35</b>	+00:17:59 (27.1%)	8:50	6,8 (66.7%)
35	<b>GŁOWACKI Adrian</b>	<b>516</b>	TEAM POSEJDONA	M2 30-39	35			Team Posejdona	<b>01:06:19.55</b>	<b>01:06:19.55</b>	+00:18:00 (27.1%)	8:50	6,8 (66.7%)
36	<b>BIEŃKOWSKI Michał</b>	<b>413</b>	DZIK KOMANDO	M2 30-39	36				<b>01:06:25.15</b>	<b>01:06:25.15</b>	+00:18:05 (27.2%)	8:51	6,8 (66.7%)
37	<b>KOWALSKI Tomasz</b>	<b>1298</b>	ZMECZONY SEZONEM	M2 30-39	37				<b>01:06:26.90</b>	<b>01:06:26.90</b>	+00:18:07 (27.3%)	8:51	6,8 (66.7%)
38	<b>CZARNECKI Daniel</b>	<b>150</b>		M2 30-39	38				<b>01:06:58.65</b>	<b>01:06:58.65</b>	+00:18:39 (27.9%)	8:55	6,7 (66.7%)

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39	<b>SZESZKOWSKI Tomasz</b>	<b>287</b>		M2 30-39	39				<b>01:07:37.10</b>	<b>01:07:37.10</b>	+00:19:17 (28.5%)	9:00	6,7 (66.7%)
40	<b>MOŻEJKO Dawid</b>	<b>683</b>	DZIK KOMANDO	M2 30-39	40			Dzik Komando	<b>01:08:31.45</b>	<b>01:08:31.45</b>	+00:20:12 (29.5%)	9:08	6,6 (66.7%)
41	<b>GARBACIAK Przemysław</b>	<b>676</b>	MAUPOLAND	M2 30-39	41			MAUPoland	<b>01:08:56.95</b>	<b>01:08:56.95</b>	+00:20:37 (29.9%)	9:11	6,5 (66.7%)
42	<b>BOGDAŃSKI Bartosz</b>	<b>369</b>	DZIK KOMANDO	M2 30-39	42				<b>01:10:03.10</b>	<b>01:10:03.10</b>	+00:21:43 (31.0%)	9:20	6,4 (66.7%)
43	<b>JANKE Łukasz</b>	<b>1332</b>	ZS CROSSFIT SZCZECIN	M2 30-39	43			Maciejkowe Żelki	<b>01:10:13.45</b>	<b>01:10:13.45</b>	+00:21:54 (31.2%)	9:21	6,4 (71.1%)
44	<b>KOŁOMAŃSKI Hubert</b>	<b>434</b>		M2 30-39	44				<b>01:10:30.45</b>	<b>01:10:30.45</b>	+00:22:11 (31.5%)	9:24	6,4 (66.7%)
45	<b>KLEPACKI Bartek</b>	<b>276</b>		M2 30-39	45				<b>01:10:47.10</b>	<b>01:10:47.10</b>	+00:22:27 (31.7%)	9:26	6,4 (66.7%)
46	<b>KOTYNIA Dawid</b>	<b>1104</b>	COLOSSUS	M2 30-39	46				<b>01:10:49.20</b>	<b>01:10:49.20</b>	+00:22:29 (31.8%)	9:26	6,4 (66.7%)
47	<b>KOTYNIA Maciej</b>	<b>969</b>		M2 30-39	47				<b>01:11:05.95</b>	<b>01:11:05.95</b>	+00:22:46 (32.0%)	9:28	6,3 (66.7%)
48	<b>ANYŻEWSKI Tomek</b>	<b>585</b>	OCR TEAM WŁOCŁAWEK	M2 30-39	48			OCR TEAM WŁOCŁAWEK	<b>01:11:14.05</b>	<b>01:11:14.05</b>	+00:22:54 (32.2%)	9:29	6,3 (66.7%)
49	<b>CHENON Guillaume</b>	<b>607</b>	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	49			Wieczorne Bieganie w Szczecinie	<b>01:11:23.45</b>	<b>01:11:23.45</b>	+00:23:04 (32.3%)	9:31	6,3 (66.7%)
50	<b>MIELCZAREK Krystian</b>	<b>275</b>	STARGARDZKI KLUB MORSÓW MIEDWANIE	M2 30-39	50				<b>01:11:34.75</b>	<b>01:11:34.75</b>	+00:23:15 (32.5%)	9:32	6,3 (66.7%)
51	<b>GRABOWSKI Jarosław</b>	<b>1119</b>	PDC	M2 30-39	51			PDC	<b>01:11:43.00</b>	<b>01:11:43.00</b>	+00:23:23 (32.6%)	9:33	6,3 (66.7%)
52	<b>LIPERTOWICZ Sebastian</b>	<b>595</b>	LOVELASY	M2 30-39	52				<b>01:11:49.20</b>	<b>01:11:49.20</b>	+00:23:29 (32.7%)	9:34	6,3 (66.7%)
53	<b>SPÓLNIK Paweł</b>	<b>709</b>		M2 30-39	53				<b>01:12:01.95</b>	<b>01:12:01.95</b>	+00:23:42 (32.9%)	9:36	6,2 (66.7%)
54	<b>BACIOR Tomasz</b>	<b>398</b>		M2 30-39	54				<b>01:12:08.60</b>	<b>01:12:08.60</b>	+00:23:49 (33.0%)	9:37	6,2 (66.7%)
55	<b>LANGE Damian</b>	<b>611</b>	TEAM POSEJDONA	M2 30-39	55	Team Posejdona		Team Posejdona	<b>01:12:14.45</b>	<b>01:12:14.45</b>	+00:23:55 (33.1%)	9:37	6,2 (66.7%)
56	<b>BABICZ Wojtek</b>	<b>420</b>	BRIDGESTONE STARGARD RUNNERS	M2 30-39	56				<b>01:12:22.80</b>	<b>01:12:22.80</b>	+00:24:03 (33.2%)	9:38	6,2 (66.7%)
57	<b>CHUDY Kamil</b>	<b>1067</b>		M2 30-39	57				<b>01:13:06.60</b>	<b>01:13:06.60</b>	+00:24:47 (33.9%)	9:44	6,2 (66.7%)
58	<b>CHMUROWICZ Marcin</b>	<b>1069</b>		M2 30-39	58				<b>01:13:21.15</b>	<b>01:13:21.15</b>	+00:25:01 (34.1%)	9:46	6,1 (66.7%)
59	<b>KOPYŚC Bartłomiej</b>	<b>1061</b>	CALIBRA TIM	M2 30-39	59				<b>01:13:34.00</b>	<b>01:13:34.00</b>	+00:25:14 (34.3%)	9:48	6,1 (66.7%)
60	<b>ADAMCZYK Paweł</b>	<b>823</b>		M2 30-39	60				<b>01:13:35.40</b>	<b>01:13:35.40</b>	+00:25:15 (34.3%)	9:48	6,1 (67.8%)
61	<b>TARNOWSKI Tomasz</b>	<b>503</b>	HUSARIA RACE TEAM	M2 30-39	61			Husaria Race Team	<b>01:13:39.75</b>	<b>01:13:39.75</b>	+00:25:20 (34.4%)	9:49	6,1 (66.7%)
62	<b>DUSZA Robert</b>	<b>153</b>		M2 30-39	62				<b>01:13:40.80</b>	<b>01:13:40.80</b>	+00:25:21 (34.4%)	9:49	6,1 (66.7%)

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63	<b>PAŃCZYK Tomasz</b>	<b>167</b>	12 BRYGADA ZMECHANIZOWANA	M2 30-39	63				<b>01:13:54.00</b>	<b>01:13:54.00</b>	+00:25:34 (34.6%)	9:51	6,1 (66.7%)
64	<b>JAROSIEWICZ Radosław</b>	<b>325</b>		M2 30-39	64				<b>01:14:03.15</b>	<b>01:14:03.15</b>	+00:25:43 (34.7%)	9:52	6,1 (66.7%)
65	<b>CZYLKOWSKI Patryk</b>	<b>121</b>		M2 30-39	65				<b>01:14:05.75</b>	<b>01:14:05.75</b>	+00:25:46 (34.8%)	9:52	6,1 (66.7%)
66	<b>WOŁOSZYN Wojciech</b>	<b>546</b>		M2 30-39	66			BK-127	<b>01:14:39.15</b>	<b>01:14:39.15</b>	+00:26:19 (35.3%)	9:57	6 (66.7%)
67	<b>ZARĘBA Piotr</b>	<b>746</b>	KP PSP POLICE	M2 30-39	67	KP PSP Police		KP PSP Police	<b>01:15:01.90</b>	<b>01:15:01.90</b>	+00:26:42 (35.6%)	10:00	6 (66.7%)
68	<b>KISIEL Łukasz</b>	<b>538</b>		M2 30-39	68			BK-127	<b>01:15:07.95</b>	<b>01:15:07.95</b>	+00:26:48 (35.7%)	10:00	6 (66.7%)
69	<b>LECHOWICZ Tomek</b>	<b>1199</b>	OFF SEASON SZCZECIN	M2 30-39	69				<b>01:15:08.05</b>	<b>01:15:08.05</b>	+00:26:48 (35.7%)	10:01	6 (66.7%)
70	<b>JASTAK Paweł</b>	<b>40</b>		M2 30-39	70				<b>01:15:13.70</b>	<b>01:15:13.70</b>	+00:26:54 (35.8%)	10:01	6 (66.7%)
71	<b>PAKULA Konrad</b>	<b>357</b>	DZIKIE DZIKI GORZÓW	M2 30-39	71			Dzikie Dzikie Gorzów	<b>01:15:17.75</b>	<b>01:15:17.75</b>	+00:26:58 (35.8%)	10:02	6 (66.7%)
72	<b>BAK Sebastian</b>	<b>305</b>	ŁOSOŚ T.E.A.M	M2 30-39	72			Łosoś T.E.A.M	<b>01:15:33.05</b>	<b>01:15:33.05</b>	+00:27:13 (36.0%)	10:04	6 (66.7%)
73	<b>MAZUR Marcin</b>	<b>502</b>	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M2 30-39	73				<b>01:15:49.35</b>	<b>01:15:49.35</b>	+00:27:29 (36.3%)	10:06	5,9 (55.6%)
74	<b>ŻAK Sebastian</b>	<b>537</b>		M2 30-39	74				<b>01:15:55.25</b>	<b>01:15:55.25</b>	+00:27:35 (36.3%)	10:07	5,9 (55.6%)
75	<b>LINKE Rafał</b>	<b>447</b>	SKB DZIK	M2 30-39	75				<b>01:15:59.15</b>	<b>01:15:59.15</b>	+00:27:39 (36.4%)	10:07	5,9 (55.6%)
76	<b>LIPSKI Łukasz</b>	<b>1200</b>		M2 30-39	76				<b>01:16:13.25</b>	<b>01:16:13.25</b>	+00:27:53 (36.6%)	10:09	5,9 (55.6%)
77	<b>OLEJARZ Damian</b>	<b>1241</b>		M2 30-39	77				<b>01:16:53.70</b>	<b>01:16:53.70</b>	+00:28:34 (37.2%)	10:15	5,9 (55.6%)
78	<b>GRUDOWSKI Konrad</b>	<b>631</b>	AKTYWNE PRAWOBRZEŻE	M2 30-39	78				<b>01:16:58.70</b>	<b>01:16:58.70</b>	+00:28:39 (37.2%)	10:15	5,8 (55.6%)
79	<b>ŁONIEWSKI Bartek</b>	<b>1029</b>		M2 30-39	79				<b>01:17:09.15</b>	<b>01:17:09.15</b>	+00:28:49 (37.4%)	10:17	5,8 (55.6%)
80	<b>KRZACZKOWSKI Łukasz</b>	<b>716</b>		M2 30-39	80			Dziki Wrocław	<b>01:17:33.95</b>	<b>01:17:33.95</b>	+00:29:14 (37.7%)	10:20	5,8 (64.4%)
81	<b>QUESADO Paulo</b>	<b>717</b>	DZIKI WROCŁAW	M2 30-39	81				<b>01:17:34.05</b>	<b>01:17:34.05</b>	+00:29:14 (37.7%)	10:20	5,8 (64.4%)
82	<b>ODRZYWOLSKI Michał</b>	<b>669</b>	ŻANDARMERIA WOJSKOWA	M2 30-39	82	OŻW Szczecin		OŻW Szczecin	<b>01:17:46.35</b>	<b>01:17:46.35</b>	+00:29:26 (37.9%)	10:22	5,8 (55.6%)
83	<b>ANDRUCH Andrzej</b>	<b>1343</b>	HELL'S HEAVEN SZCZECIN	M2 30-39	83			Hell's Heaven CrossFit Szczecin	<b>01:18:05.15</b>	<b>01:18:05.15</b>	+00:29:45 (38.1%)	10:24	5,8 (64.4%)
84	<b>KRAMER Krzysztof</b>	<b>970</b>		M2 30-39	84				<b>01:18:46.20</b>	<b>01:18:46.20</b>	+00:30:26 (38.7%)	10:30	5,7 (55.6%)
85	<b>WAHN Przemysław</b>	<b>222</b>		M2 30-39	85				<b>01:19:02.55</b>	<b>01:19:02.55</b>	+00:30:43 (38.9%)	10:32	5,7 (55.6%)
86	<b>SOKOŁOWSKI Michał</b>	<b>160</b>	MUD GOATS	M2 30-39	86			Mud Goats	<b>01:19:11.65</b>	<b>01:19:11.65</b>	+00:30:52 (39.0%)	10:33	5,7 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
87	BANASZAK Marcin	1234		M2 30-39	87		Agat	01:19:44.55	01:19:44.55	+00:31:25 (39.4%)	10:37	5,6 (55.6%)
88	CHARĘZA Marcin	247	ZAWADZKIEGO SZCZECIN	M2 30-39	88			01:19:52.90	01:19:52.90	+00:31:33 (39.5%)	10:38	5,6 (55.6%)
89	KĘDZIELEWSKI Łukasz	299	ZAWADZKIEGO SZCZECIN	M2 30-39	89			01:19:53.50	01:19:53.50	+00:31:34 (39.5%)	10:39	5,6 (55.6%)
90	EWERT-KRZEMIENIEWSKI Stanisław	1335		M2 30-39	90			01:20:04.35	01:20:04.35	+00:31:44 (39.6%)	10:40	5,6 (62.2%)
91	LEWANDOWSKI Piotr	923	SKB DZIK	M2 30-39	91		SKB Dzik	01:20:07.15	01:20:07.15	+00:31:47 (39.7%)	10:40	5,6 (55.6%)
92	JAWORSKI Piotr	1208	ALISIAINATALKA	M2 30-39	92			01:20:08.25	01:20:08.25	+00:31:48 (39.7%)	10:41	5,6 (55.6%)
93	KUŻBIK Jakub	617		M2 30-39	93			01:20:37.40	01:20:37.40	+00:32:17 (40.1%)	10:44	5,6 (55.6%)
94	BURZYŃSKI Zbigniew	331	3KPZMOT/1BPZMOT/12BZ	M2 30-39	94	3kpzmot/1bpzmot/12BZ	3kpzmot/1bpzmot/12BZ	01:20:52.50	01:20:52.50	+00:32:33 (40.2%)	10:46	5,6 (55.6%)
95	ZYGOŃ Artur	1243		M2 30-39	95			01:21:14.35	01:21:14.35	+00:32:54 (40.5%)	10:49	5,5 (55.6%)
96	STRZELCZYK Wojciech	517		M2 30-39	96			01:21:21.20	01:21:21.20	+00:33:01 (40.6%)	10:50	5,5 (55.6%)
97	MACIEJCZYK Piotr	727		M2 30-39	97	KP PSP Police		01:21:53.80	01:21:53.80	+00:33:34 (41.0%)	10:55	5,5 (61.1%)
98	BOBROWSKI Marek	1043		M2 30-39	98			01:22:15.55	01:22:15.55	+00:33:56 (41.3%)	10:58	5,5 (55.6%)
99	CHLASTA Jacek	803		M2 30-39	99			01:22:23.35	01:22:23.35	+00:34:03 (41.3%)	10:59	5,5 (61.1%)
100	WÓJCIK Tomasz	1184		M2 30-39	100			01:22:48.40	01:22:48.40	+00:34:28 (41.6%)	11:02	5,4 (55.6%)
101	RYWACKI Karol	947		M2 30-39	101			01:22:53.10	01:22:53.10	+00:34:33 (41.7%)	11:03	5,4 (60.0%)
102	STERNA Maciej	1195		M2 30-39	102			01:22:54.35	01:22:54.35	+00:34:34 (41.7%)	11:03	5,4 (60.0%)
103	SZTURO Marcin	763		M2 30-39	103			01:23:16.05	01:23:16.05	+00:34:56 (42.0%)	11:06	5,4 (55.6%)
103	GRYCZ Piotr	765		M2 30-39	103			01:23:16.05	01:23:16.05	+00:34:56 (42.0%)	11:06	5,4 (55.6%)
105	MICHNIACKI Michał	633		M2 30-39	105			01:23:18.50	01:23:18.50	+00:34:59 (42.0%)	11:06	5,4 (55.6%)
106	SAWA Piotr	673	IRON TEAM SZCZECIN	M2 30-39	106		Na Pięterko	01:23:31.75	01:23:31.75	+00:35:12 (42.1%)	11:08	5,4 (55.6%)
107	NARKUN Maciej	480		M2 30-39	107		Mango Gatki Team	01:23:46.30	01:23:46.30	+00:35:26 (42.3%)	11:10	5,4 (55.6%)
108	GADOWSKI Wojciech	826		M2 30-39	108		Gadowscy	01:23:51.85	01:23:51.85	+00:35:32 (42.4%)	11:10	5,4 (60.0%)
109	ABRAMOWICZ Tomasz	731	BIEGOHOLLICA	M2 30-39	109			01:24:08.65	01:24:08.65	+00:35:49 (42.6%)	11:13	5,3 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
110	SITEK Alfred	26	SKB DZIK	M2 30-39	110			01:24:29.50	01:24:29.50	+00:36:10 (42.8%)	11:15	5,3 (55.6%)
111	CHEŁMINIAK Sławomir	13	BIEGAM SOBIE	M2 30-39	111			01:24:48.15	01:24:48.15	+00:36:28 (43.0%)	11:18	5,3 (55.6%)
112	DEPTUŁA Tobiasz	935		M2 30-39	112			01:25:11.85	01:25:11.85	+00:36:52 (43.3%)	11:21	5,3 (55.6%)
113	GRACZYK Grzegorz	769	3BLOG	M2 30-39	113			01:25:44.55	01:25:44.55	+00:37:25 (43.6%)	11:25	5.2 (57.8%)
114	PTAK Daniel	71	HUSARIA RACE TEAM	M2 30-39	114		Husaria Race Team	01:25:51.05	01:25:51.05	+00:37:31 (43.7%)	11:26	5,2 (55.6%)
115	RUŚKIEWICZ Wojciech	1205	DELOITTE ADVENTURE TEAM	M2 30-39	115			01:25:57.50	01:25:57.50	+00:37:38 (43.8%)	11:27	5,2 (55.6%)
116	WOJCIECHOWSKI Maciej	25		M2 30-39	116			01:25:59.70	01:25:59.70	+00:37:40 (43.8%)	11:27	5,2 (55.6%)
117	KOSAKOWSKI Paweł	1296		M2 30-39	117			01:26:22.35	01:26:22.35	+00:38:02 (44.1%)	11:30	5.2 (57.8%)
118	SASAK Michał	437	12BZ	M2 30-39	118			01:26:31.90	01:26:31.90	+00:38:12 (44.2%)	11:32	5,2 (55.6%)
119	HYBIAK Lukasz	202	ORKI Z MAJORKI	M2 30-39	119		ORKI Z MAJORKI	01:26:33.55	01:26:33.55	+00:38:14 (44.2%)	11:32	5,2 (55.6%)
120	BODURKA Łukasz	1334		M2 30-39	120			01:26:44.75	01:26:44.75	+00:38:25 (44.3%)	11:33	5.2 (57.8%)
121	BALCERZAK Przemysław	1012		M2 30-39	121			01:26:44.80	01:26:44.80	+00:38:25 (44.3%)	11:33	5,2 (55.6%)
122	ROSZAK Zbigniew	207	TG SOKÓŁ GNIEWKOWO	M2 30-39	122			01:27:05.30	01:27:05.30	+00:38:45 (44.5%)	11:36	5,2 (55.6%)
123	GŁOWACKI Mariusz	429		M2 30-39	123			01:27:26.85	01:27:26.85	+00:39:07 (44.7%)	11:39	5,1 (55.6%)
124	KAMINSKI Rafal	15		M2 30-39	124			01:27:49.55	01:27:49.55	+00:39:30 (45.0%)	11:42	5,1 (55.6%)
125	CICHOCKI Kamil	1132	PDC	M2 30-39	125		PDC	01:27:52.75	01:27:52.75	+00:39:33 (45.0%)	11:42	5,1 (55.6%)
126	BACHORSKI Paweł	1155	1981	M2 30-39	126			01:28:09.90	01:28:09.90	+00:39:50 (45.2%)	11:45	5,1 (55.6%)
127	SMOGÓR Andrzej	430		M2 30-39	127			01:29:17.65	01:29:17.65	+00:40:58 (45.9%)	11:54	5 (55.6%)
128	SZCZUKO Karol	347		M2 30-39	128		szczupaki	01:29:18.50	01:29:18.50	+00:40:59 (45.9%)	11:54	5 (55.6%)
129	KAPUSTA Marcin	432		M2 30-39	129			01:29:28.50	01:29:28.50	+00:41:09 (46.0%)	11:55	5 (55.6%)
130	OKIENCZUK Radek	749		M2 30-39	130			01:29:31.10	01:29:31.10	+00:41:11 (46.0%)	11:56	5 (55.6%)
131	CIEMCIOCH Pawel	41		M2 30-39	131			01:29:40.95	01:29:40.95	+00:41:21 (46.1%)	11:57	5 (55.6%)
132	RUTKOWSKI Konrad	591		M2 30-39	132		Rangarok Szczecin	01:30:07.05	01:30:07.05	+00:41:47 (46.4%)	12:00	5 (55.6%)
132	HRYCIÓW Daniel	592	RAGNAROK SZCZECIN	M2 30-39	132		Rangarok Szczecin	01:30:07.05	01:30:07.05	+00:41:47 (46.4%)	12:00	5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Mundurowi	Drużyna Kluby	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
134	<b>KORABIUSZ Maciej</b>	<b>1180</b>	ÓSEMKOWA PETARDA.	M2 30-39	134			Ósemkowa petarda	<b>01:30:57.75</b>	<b>01:30:57.75</b>	+00:42:38 (46.9%)	12:07	4.9 (54.4%)
135	<b>KERAJ Jarosław</b>	<b>1268</b>		M2 30-39	135				<b>01:31:20.10</b>	<b>01:31:20.10</b>	+00:43:00 (47.1%)	12:10	4.9 (54.4%)
136	<b>JANCZAREK Rafał</b>	<b>126</b>		M2 30-39	136				<b>01:31:20.55</b>	<b>01:31:20.55</b>	+00:43:01 (47.1%)	12:10	4,9 (44.4%)
137	<b>JAKSINA Sylwester</b>	<b>1181</b>	ÓSEMKOWA PETARDA	M2 30-39	137			Ósemkowa petarda	<b>01:31:20.85</b>	<b>01:31:20.85</b>	+00:43:01 (47.1%)	12:10	4.9 (54.4%)
138	<b>TURCZYŃSKI Marcin</b>	<b>930</b>		M2 30-39	138				<b>01:31:50.35</b>	<b>01:31:50.35</b>	+00:43:30 (47.4%)	12:14	4.9 (54.4%)
139	<b>KSYCKI Błażej</b>	<b>132</b>		M2 30-39	139				<b>01:32:04.05</b>	<b>01:32:04.05</b>	+00:43:44 (47.5%)	12:16	4,9 (44.4%)
140	<b>GŁOWACKI Grzegorz</b>	<b>1007</b>		M2 30-39	140				<b>01:32:05.80</b>	<b>01:32:05.80</b>	+00:43:46 (47.5%)	12:16	4,9 (44.4%)
141	<b>LACHOWICZ Bartosz</b>	<b>1206</b>		M2 30-39	141				<b>01:32:07.60</b>	<b>01:32:07.60</b>	+00:43:48 (47.5%)	12:16	4,9 (44.4%)
142	<b>LIPSKI Łukasz</b>	<b>520</b>	BIEGOHOLLICA	M2 30-39	142				<b>01:32:25.80</b>	<b>01:32:25.80</b>	+00:44:06 (47.7%)	12:19	4,9 (44.4%)
143	<b>ORNATEK Pawe</b>	<b>1295</b>		M2 30-39	143				<b>01:33:03.70</b>	<b>01:33:03.70</b>	+00:44:44 (48.1%)	12:24	4.8 (53.3%)
144	<b>ŚWIĆ Miłosz</b>	<b>455</b>	DZIK KOMANDO	M2 30-39	144				<b>01:33:19.50</b>	<b>01:33:19.50</b>	+00:45:00 (48.2%)	12:26	4,8 (44.4%)
145	<b>KUPCZYK Przemysław</b>	<b>54</b>	DZIK KOMANDO	M2 30-39	145			Dzik Komando	<b>01:33:25.70</b>	<b>01:33:25.70</b>	+00:45:06 (48.3%)	12:27	4,8 (44.4%)
146	<b>MICHALSKI Marek</b>	<b>1063</b>		M2 30-39	146				<b>01:34:17.15</b>	<b>01:34:17.15</b>	+00:45:57 (48.7%)	12:34	4.8 (53.3%)
147	<b>RUTKOWSKI Tomasz</b>	<b>340</b>	PUSZCZYK BUKOWY	M2 30-39	147				<b>01:34:17.35</b>	<b>01:34:17.35</b>	+00:45:57 (48.7%)	12:34	4.8 (53.3%)
148	<b>ZDUNEK Piotr</b>	<b>682</b>		M2 30-39	148				<b>01:34:26.20</b>	<b>01:34:26.20</b>	+00:46:06 (48.8%)	12:35	4.8 (53.3%)
149	<b>PYREK Krzysztof</b>	<b>80</b>	1 RBLOG	M2 30-39	149	Aktywni Wałcz		Aktywni Wałcz	<b>01:34:46.55</b>	<b>01:34:46.55</b>	+00:46:27 (49.0%)	12:38	4.7 (52.2%)
150	<b>BOGUSŁAWSKI Łukasz</b>	<b>476</b>		M2 30-39	150				<b>01:35:21.25</b>	<b>01:35:21.25</b>	+00:47:01 (49.3%)	12:42	4,7 (44.4%)
151	<b>BIRULA Michał</b>	<b>759</b>	XRUNNERS	M2 30-39	151			xRunners	<b>01:35:30.15</b>	<b>01:35:30.15</b>	+00:47:10 (49.4%)	12:44	4,7 (44.4%)
152	<b>OCZKOWSKI Maciej</b>	<b>1285</b>		M2 30-39	152				<b>01:35:55.05</b>	<b>01:35:55.05</b>	+00:47:35 (49.6%)	12:47	4.7 (52.2%)
153	<b>PODBRZESKI Jakub</b>	<b>1306</b>	FANI PÓŁNOCNEJ NORWEGII	M2 30-39	153			Fani północnej Norwegii	<b>01:36:02.15</b>	<b>01:36:02.15</b>	+00:47:42 (49.7%)	12:48	4,7 (44.4%)
154	<b>JASIŃSKI Krystian</b>	<b>1305</b>		M2 30-39	154				<b>01:36:02.30</b>	<b>01:36:02.30</b>	+00:47:42 (49.7%)	12:48	4,7 (44.4%)
155	<b>ZATOŃ Łukasz</b>	<b>200</b>	BYLE DO METY	M2 30-39	155				<b>01:36:28.10</b>	<b>01:36:28.10</b>	+00:48:08 (49.9%)	12:51	4,7 (44.4%)
156	<b>WEGLINSKI Radosław</b>	<b>819</b>	OŻW SZCZECIN	M2 30-39	156	OŻW Szczecin		OŻW SZCZECIN	<b>01:36:31.00</b>	<b>01:36:31.00</b>	+00:48:11 (49.9%)	12:52	4.7 (52.2%)
157	<b>MACHOLA Bartłomiej</b>	<b>702</b>	1981	M2 30-39	157				<b>01:36:37.70</b>	<b>01:36:37.70</b>	+00:48:18 (50.0%)	12:52	4,7 (44.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Mundurowi	Drużyna Kluby	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
158	<b>ROSTRYGIN Maciej</b>	<b>263</b>	WKURW_TEAM	M2 30-39	158				<b>01:36:52.65</b>	<b>01:36:52.65</b>	+00:48:33 (50.1%)	12:54	4,6 (44.4%)
159	<b>MALEC Kamil</b>	<b>525</b>	PDC	M2 30-39	159			PDC	<b>01:36:56.85</b>	<b>01:36:56.85</b>	+00:48:37 (50.2%)	12:55	4,6 (44.4%)
160	<b>DROZD Dariusz</b>	<b>1045</b>		M2 30-39	160				<b>01:37:23.65</b>	<b>01:37:23.65</b>	+00:49:04 (50.4%)	12:59	4,6 (44.4%)
161	<b>RASZEWSKI Damian</b>	<b>316</b>		M2 30-39	161				<b>01:37:28.40</b>	<b>01:37:28.40</b>	+00:49:08 (50.4%)	12:59	4,6 (44.4%)
162	<b>PASEK Rafał</b>	<b>600</b>	DZIKUSEK	M2 30-39	162				<b>01:37:48.45</b>	<b>01:37:48.45</b>	+00:49:29 (50.6%)	13:02	4,6 (44.4%)
163	<b>ŁABECKI Paweł</b>	<b>1175</b>		M2 30-39	163				<b>01:37:51.95</b>	<b>01:37:51.95</b>	+00:49:32 (50.6%)	13:02	4,6 (44.4%)
164	<b>OBROCKI Adrian</b>	<b>893</b>		M2 30-39	164				<b>01:37:52.10</b>	<b>01:37:52.10</b>	+00:49:32 (50.6%)	13:02	4,6 (44.4%)
165	<b>HERMANOWICZ Miłosz</b>	<b>341</b>	ZS ZWYROLE	M2 30-39	165				<b>01:38:54.20</b>	<b>01:38:54.20</b>	+00:50:34 (51.1%)	13:11	4,6 (44.4%)
166	<b>JASAK Michał</b>	<b>783</b>	X	M2 30-39	166				<b>01:39:21.80</b>	<b>01:39:21.80</b>	+00:51:02 (51.4%)	13:14	4,5 (50.0%)
167	<b>IGNASZEWSKI Marcin</b>	<b>1179</b>		M2 30-39	167				<b>01:39:35.30</b>	<b>01:39:35.30</b>	+00:51:15 (51.5%)	13:16	4,5 (44.4%)
168	<b>BŁAŻEJEWICZ Łukasz</b>	<b>816</b>		M2 30-39	168	JW 4509			<b>01:39:40.55</b>	<b>01:39:40.55</b>	+00:51:21 (51.5%)	13:17	4,5 (44.4%)
169	<b>DZIETCZYK Kamil</b>	<b>813</b>	102. BOCHR	M2 30-39	169	JW 4509		102 Bochr.	<b>01:39:40.65</b>	<b>01:39:40.65</b>	+00:51:21 (51.5%)	13:17	4,5 (50.0%)
170	<b>PAWLICKI Bartosz</b>	<b>104</b>		M2 30-39	170				<b>01:39:41.10</b>	<b>01:39:41.10</b>	+00:51:21 (51.5%)	13:17	4,5 (50.0%)
171	<b>SIDORCZUK Tomasz</b>	<b>270</b>	KLUB BIEGAJACYCH LEŚNIKÓW	M2 30-39	171				<b>01:39:45.65</b>	<b>01:39:45.65</b>	+00:51:26 (51.6%)	13:18	4,5 (44.4%)
172	<b>MISIAK Artur</b>	<b>119</b>	BYLEBY DO PRZODU	M2 30-39	172				<b>01:39:46.45</b>	<b>01:39:46.45</b>	+00:51:27 (51.6%)	13:18	4,5 (44.4%)
173	<b>POST Marcin</b>	<b>1324</b>		M2 30-39	173				<b>01:39:54.05</b>	<b>01:39:54.05</b>	+00:51:34 (51.6%)	13:19	4,5 (50.0%)
174	<b>WOJTKOWIAK Rafał</b>	<b>899</b>		M2 30-39	174				<b>01:39:59.10</b>	<b>01:39:59.10</b>	+00:51:39 (51.7%)	13:19	4,5 (50.0%)
175	<b>KAMIŃSKI Kamil</b>	<b>653</b>	17 WBZ	M2 30-39	175				<b>01:40:11.70</b>	<b>01:40:11.70</b>	+00:51:52 (51.8%)	13:21	4,5 (44.4%)
176	<b>SZAKOŁA Paweł</b>	<b>1317</b>		M2 30-39	176			DoktoŻy	<b>01:40:16.55</b>	<b>01:40:16.55</b>	+00:51:57 (51.8%)	13:22	4,5 (50.0%)
177	<b>ELERT Mariusz</b>	<b>161</b>	PAPRYKARZE	M2 30-39	177			Paprykarze	<b>01:40:50.45</b>	<b>01:40:50.45</b>	+00:52:31 (52.1%)	13:26	4,5 (44.4%)
178	<b>JANUS Grzegorz</b>	<b>288</b>		M2 30-39	178				<b>01:41:20.25</b>	<b>01:41:20.25</b>	+00:53:00 (52.3%)	13:30	4,4 (44.4%)
179	<b>LESZCZYŃSKI Marcin</b>	<b>554</b>		M2 30-39	179				<b>01:41:21.25</b>	<b>01:41:21.25</b>	+00:53:01 (52.3%)	13:30	4,4 (48.9%)
180	<b>KAKOWSKI Dawid</b>	<b>939</b>		M2 30-39	180				<b>01:41:31.10</b>	<b>01:41:31.10</b>	+00:53:11 (52.4%)	13:32	4,4 (44.4%)
181	<b>KNIOŁA Łukasz</b>	<b>44</b>	PIŁA TEAM	M2 30-39	181			PIŁA TEAM	<b>01:41:43.40</b>	<b>01:41:43.40</b>	+00:53:23 (52.5%)	13:33	4,4 (44.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Mundurowi	Drużyna Kluby	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
182	<b>ŻUROWSKI Leszek</b>	<b>489</b>	ŻURKI	M2 30-39	182			żurki	<b>01:41:45.65</b>	<b>01:41:45.65</b>	+00:53:26 (52.5%)	13:34	4,4 (44.4%)
183	<b>KRYCZKA Adam</b>	<b>659</b>		M2 30-39	183				<b>01:42:03.65</b>	<b>01:42:03.65</b>	+00:53:44 (52.7%)	13:36	4,4 (44.4%)
184	<b>KONOPKA Paweł</b>	<b>51</b>	DALEKO JESZCZE	M2 30-39	184				<b>01:42:05.90</b>	<b>01:42:05.90</b>	+00:53:46 (52.7%)	13:36	4,4 (44.4%)
185	<b>PIETKIEWICZ Paweł</b>	<b>408</b>		M2 30-39	185				<b>01:42:11.80</b>	<b>01:42:11.80</b>	+00:53:52 (52.7%)	13:37	4,4 (44.4%)
186	<b>PELC Marek</b>	<b>234</b>		M2 30-39	186				<b>01:42:12.55</b>	<b>01:42:12.55</b>	+00:53:53 (52.7%)	13:37	4,4 (44.4%)
187	<b>FELCENLOBEN Robert</b>	<b>180</b>	RAJSPORT ACTIVE	M2 30-39	187			RAJSPORT ACTIVE	<b>01:42:13.95</b>	<b>01:42:13.95</b>	+00:53:54 (52.7%)	13:37	4,4 (44.4%)
188	<b>LEWICKI Kamil</b>	<b>670</b>	POŁAPANI TEAM	M2 30-39	188				<b>01:42:14.60</b>	<b>01:42:14.60</b>	+00:53:55 (52.7%)	13:37	4,4 (44.4%)
189	<b>KOZAK Mirosław</b>	<b>409</b>		M2 30-39	189				<b>01:42:15.35</b>	<b>01:42:15.35</b>	+00:53:55 (52.7%)	13:38	4,4 (44.4%)
190	<b>WOJSZCZYK Michał</b>	<b>58</b>	BRIDGESTONE STARGARD RUNNERS	M2 30-39	190				<b>01:42:15.60</b>	<b>01:42:15.60</b>	+00:53:56 (52.7%)	13:38	4,4 (44.4%)
191	<b>KOTWICKI Mariusz</b>	<b>426</b>		M2 30-39	191				<b>01:42:15.75</b>	<b>01:42:15.75</b>	+00:53:56 (52.7%)	13:38	4,4 (44.4%)
192	<b>PAWŁASZEK Lech</b>	<b>298</b>		M2 30-39	192				<b>01:42:35.95</b>	<b>01:42:35.95</b>	+00:54:16 (52.9%)	13:40	4,4 (44.4%)
193	<b>ORECKI Radosław</b>	<b>1018</b>		M2 30-39	193				<b>01:42:43.40</b>	<b>01:42:43.40</b>	+00:54:23 (53.0%)	13:41	4,4 (44.4%)
193	<b>MICHAŁ Małcki</b>	<b>1100</b>		M2 30-39	193				<b>01:42:43.40</b>	<b>01:42:43.40</b>	+00:54:23 (53.0%)	13:41	4,4 (44.4%)
195	<b>SPORNY Grzegorz</b>	<b>1059</b>		M2 30-39	195				<b>01:43:30.90</b>	<b>01:43:30.90</b>	+00:55:11 (53.3%)	13:48	4,3 (47.8%)
196	<b>GODEK Cezary</b>	<b>1134</b>	SZCZECIN	M2 30-39	196				<b>01:43:58.05</b>	<b>01:43:58.05</b>	+00:55:38 (53.5%)	13:51	4,3 (44.4%)
197	<b>LINKOWSKI Sławomir</b>	<b>1072</b>		M2 30-39	197				<b>01:44:03.70</b>	<b>01:44:03.70</b>	+00:55:44 (53.6%)	13:52	4,3 (44.4%)
198	<b>BIEGAŃSKI Tomasz</b>	<b>908</b>		M2 30-39	198				<b>01:45:13.65</b>	<b>01:45:13.65</b>	+00:56:54 (54.1%)	14:01	4,3 (47.8%)
199	<b>CUPRYJAK Sebastian</b>	<b>262</b>		M2 30-39	199				<b>01:45:13.90</b>	<b>01:45:13.90</b>	+00:56:54 (54.1%)	14:01	4,3 (44.4%)
200	<b>JOŃCA Marcin</b>	<b>1191</b>		M2 30-39	200			Nanogiwaciaki	<b>01:45:49.30</b>	<b>01:45:49.30</b>	+00:57:29 (54.3%)	14:06	4,3 (44.4%)
201	<b>HAJDUK Emilian</b>	<b>1194</b>		M2 30-39	201			Nanogiwaciaki	<b>01:45:49.90</b>	<b>01:45:49.90</b>	+00:57:30 (54.3%)	14:06	4,3 (44.4%)
202	<b>CHEŁSTOWSKI Adrian</b>	<b>1193</b>		M2 30-39	202			Nanogiwaciaki	<b>01:45:50.10</b>	<b>01:45:50.10</b>	+00:57:30 (54.3%)	14:06	4,3 (44.4%)
203	<b>SIECZYK Jędrzej</b>	<b>1107</b>		M2 30-39	203				<b>01:45:51.35</b>	<b>01:45:51.35</b>	+00:57:31 (54.3%)	14:06	4,3 (47.8%)
204	<b>MULARCZYK Krzysztof</b>	<b>707</b>		M2 30-39	204				<b>01:46:22.05</b>	<b>01:46:22.05</b>	+00:58:02 (54.6%)	14:10	4,2 (44.4%)
205	<b>KARBOWIAK Patryk</b>	<b>1014</b>		M2 30-39	205				<b>01:47:16.00</b>	<b>01:47:16.00</b>	+00:58:56 (54.9%)	14:18	4,2 (44.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
206	<b>ŁUCZAK Zbigniew</b>	<b>504</b>	1KPZMOT/3BPZMOT	M2 30-39	206		Husaria Race Team	<b>01:47:53.40</b>	<b>01:47:53.40</b>	+00:59:33 (55.2%)	14:23	4,2 (44.4%)
207	<b>LECH Wojciech</b>	<b>907</b>		M2 30-39	207			<b>01:48:00.40</b>	<b>01:48:00.40</b>	+00:59:40 (55.3%)	14:24	4.2 (46.7%)
208	<b>ZABROCKI Karol</b>	<b>551</b>	TEAM POSEJDONA	M2 30-39	208		Team Posejdona	<b>01:49:06.25</b>	<b>01:49:06.25</b>	+01:00:46 (55.7%)	14:32	4,1 (44.4%)
209	<b>JENDRZEJCZYK Mariusz</b>	<b>438</b>		M2 30-39	209			<b>01:49:26.85</b>	<b>01:49:26.85</b>	+01:01:07 (55.8%)	14:35	4.1 (45.6%)
210	<b>ZABŁOCKI Rafał</b>	<b>1139</b>	PRZEBIEGLI	M2 30-39	210		Przebiegli	<b>01:49:47.20</b>	<b>01:49:47.20</b>	+01:01:27 (56.0%)	14:38	4,1 (44.4%)
211	<b>PLOCH Piotr</b>	<b>616</b>		M2 30-39	211		Dzikusy	<b>01:50:05.80</b>	<b>01:50:05.80</b>	+01:01:46 (56.1%)	14:40	4,1 (44.4%)
212	<b>ZEMANKIEWICZ Łukasz</b>	<b>274</b>	KANAŁ 6AM	M2 30-39	212			<b>01:50:14.60</b>	<b>01:50:14.60</b>	+01:01:55 (56.2%)	14:41	4,1 (44.4%)
213	<b>WYCIECHOWSKI Norbert</b>	<b>586</b>	OCR TEAM WŁOCLAWEK	M2 30-39	213		OCR TEAM WŁOCLAWEK	<b>01:50:18.80</b>	<b>01:50:18.80</b>	+01:01:59 (56.2%)	14:42	4,1 (44.4%)
214	<b>ZAREMBA Marcin</b>	<b>1327</b>		M2 30-39	214			<b>01:51:02.05</b>	<b>01:51:02.05</b>	+01:02:42 (56.5%)	14:48	4.1 (45.6%)
215	<b>ROJEK Krzysztof</b>	<b>1239</b>		M2 30-39	215			<b>01:51:16.50</b>	<b>01:51:16.50</b>	+01:02:57 (56.6%)	14:50	4 (44.4%)
216	<b>PAWLUŚ Tomasz</b>	<b>209</b>	SSPS CHEMIK POLICE	M2 30-39	216		Dzikie Krokodyle	<b>01:51:21.60</b>	<b>01:51:21.60</b>	+01:03:02 (56.6%)	14:50	4 (44.4%)
217	<b>WÓJCIK Krzysztof</b>	<b>208</b>		M2 30-39	217		Dzikie Krokodyle	<b>01:51:21.90</b>	<b>01:51:21.90</b>	+01:03:02 (56.6%)	14:50	4 (44.4%)
218	<b>BEJM Łukasz</b>	<b>557</b>		M2 30-39	218		Dzikusy	<b>01:51:22.00</b>	<b>01:51:22.00</b>	+01:03:02 (56.6%)	14:50	4 (44.4%)
218	<b>KEMPIŃSKI Tomasz</b>	<b>1154</b>		M2 30-39	218		Dzikusy	<b>01:51:22.00</b>	<b>01:51:22.00</b>	+01:03:02 (56.6%)	14:50	4 (44.4%)
220	<b>SAWULAK Wiktor</b>	<b>558</b>		M2 30-39	220			<b>01:51:22.10</b>	<b>01:51:22.10</b>	+01:03:02 (56.6%)	14:50	4 (44.4%)
221	<b>SZULC Marcin</b>	<b>613</b>		M2 30-39	221			<b>01:51:48.50</b>	<b>01:51:48.50</b>	+01:03:29 (56.8%)	14:54	4 (44.4%)
222	<b>SZYSZKA Marcin</b>	<b>1110</b>	MARCIN SZYSZKA	M2 30-39	222		ORKI Z MAJORKI	<b>01:52:29.75</b>	<b>01:52:29.75</b>	+01:04:10 (57.0%)	14:59	4 (44.4%)
223	<b>SKONECZNY Przemysław</b>	<b>286</b>		M2 30-39	223			<b>01:52:32.25</b>	<b>01:52:32.25</b>	+01:04:12 (57.1%)	15:00	4 (44.4%)
224	<b>KRAWCZYK Łukasz</b>	<b>1214</b>	TWK	M2 30-39	224		TWK	<b>01:52:58.60</b>	<b>01:52:58.60</b>	+01:04:39 (57.2%)	15:03	4 (44.4%)
225	<b>PEKAŁSKI Tomasz</b>	<b>1209</b>	TWK	M2 30-39	225			<b>01:52:58.75</b>	<b>01:52:58.75</b>	+01:04:39 (57.2%)	15:03	4 (44.4%)
226	<b>SAMPLAWSKI Adam</b>	<b>1111</b>		M2 30-39	226		ORKI Z MAJORKI	<b>01:53:08.15</b>	<b>01:53:08.15</b>	+01:04:48 (57.3%)	15:05	4 (44.4%)
227	<b>MILEJSKI Paweł</b>	<b>349</b>		M2 30-39	227			<b>01:53:10.95</b>	<b>01:53:10.95</b>	+01:04:51 (57.3%)	15:05	4 (44.4%)
228	<b>JAMRÓZ Wojciech</b>	<b>627</b>		M2 30-39	228			<b>01:53:12.80</b>	<b>01:53:12.80</b>	+01:04:53 (57.3%)	15:05	4 (44.4%)
229	<b>ŁEBKOWSKI Karol</b>	<b>175</b>		M2 30-39	229			<b>01:53:47.00</b>	<b>01:53:47.00</b>	+01:05:27 (57.5%)	15:10	4 (44.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
230	<b>CZERKASOW Piotr</b>	<b>1323</b>		M2 30-39	230		Nienormalnie Normalni	<b>01:53:48.15</b>	<b>01:53:48.15</b>	+01:05:28 (57.5%)	15:10	4 (44.4%)
231	<b>GRZYBOWSKI Przemysław</b>	<b>725</b>		M2 30-39	231	KP PSP Police	KP PSP Police	<b>01:53:50.65</b>	<b>01:53:50.65</b>	+01:05:31 (57.6%)	15:10	4 (44.4%)
232	<b>ROMEK Wojciech</b>	<b>1189</b>		M2 30-39	232			<b>01:53:53.75</b>	<b>01:53:53.75</b>	+01:05:34 (57.6%)	15:11	4 (44.4%)
233	<b>LEBIEDZIŃSKI Radek</b>	<b>78</b>	NORDA ACTIVE TEAM	M2 30-39	233			<b>01:54:34.25</b>	<b>01:54:34.25</b>	+01:06:14 (57.8%)	15:16	3,9 (43.3%)
234	<b>WOŁK Marcin</b>	<b>753</b>		M2 30-39	234		KSF	<b>01:54:46.75</b>	<b>01:54:46.75</b>	+01:06:27 (57.9%)	15:18	3,9 (33.3%)
235	<b>NASKRĘT Darek</b>	<b>2</b>		M2 30-39	235			<b>01:54:50.45</b>	<b>01:54:50.45</b>	+01:06:31 (57.9%)	15:18	3,9 (33.3%)
236	<b>KLIMEK Krzysztof</b>	<b>122</b>		M2 30-39	236			<b>01:55:10.60</b>	<b>01:55:10.60</b>	+01:06:51 (58.0%)	15:21	3,9 (33.3%)
237	- -	<b>1246</b>	DZIECI KAPITANA ŻBIKA	M2 30-39	237			<b>01:55:19.35</b>	<b>01:55:19.35</b>	+01:06:59 (58.1%)	15:22	3,9 (43.3%)
238	<b>MIZERSKI Jakub</b>	<b>1250</b>	DZIECI KAPITANA ŻBIKA	M2 30-39	238			<b>01:55:19.65</b>	<b>01:55:19.65</b>	+01:07:00 (58.1%)	15:22	3,9 (43.3%)
239	<b>KAMIONKA Andrzej</b>	<b>723</b>		M2 30-39	239			<b>01:55:20.85</b>	<b>01:55:20.85</b>	+01:07:01 (58.1%)	15:22	3,9 (43.3%)
240	<b>PASTUCH Jarosław</b>	<b>1247</b>	DZIECI KAPITANA ŻBIKA	M2 30-39	240	Dzieci Kapitana Żbika		<b>01:55:21.00</b>	<b>01:55:21.00</b>	+01:07:01 (58.1%)	15:22	3,9 (43.3%)
241	<b>LEWANDOWSKI Karol</b>	<b>668</b>	OŻW SZCZECIN	M2 30-39	241	OŻW Szczecin	OŻW SZCZECIN	<b>01:55:43.90</b>	<b>01:55:43.90</b>	+01:07:24 (58.2%)	15:25	3,9 (33.3%)
242	<b>WOSIAK Paweł</b>	<b>453</b>	FSD RUN DREZDENKO	M2 30-39	242			<b>01:56:12.85</b>	<b>01:56:12.85</b>	+01:07:53 (58.4%)	15:29	3,9 (33.3%)
243	<b>KRYWAN Piotr</b>	<b>1186</b>		M2 30-39	243		Team Calypso	<b>01:56:14.10</b>	<b>01:56:14.10</b>	+01:07:54 (58.4%)	15:29	3,9 (33.3%)
244	<b>KRZYSZTOFOWICZ Krzysztof</b>	<b>934</b>		M2 30-39	244			<b>01:56:49.20</b>	<b>01:56:49.20</b>	+01:08:29 (58.6%)	15:34	3,9 (33.3%)
245	<b>KRZYSZTOFOWICZ Karol</b>	<b>451</b>		M2 30-39	245			<b>01:56:49.95</b>	<b>01:56:49.95</b>	+01:08:30 (58.6%)	15:34	3,9 (33.3%)
246	<b>SOLECKI Sylwester</b>	<b>469</b>		M2 30-39	246			<b>01:56:50.55</b>	<b>01:56:50.55</b>	+01:08:31 (58.6%)	15:34	3,9 (33.3%)
247	<b>KOPKIEWICZ Radosław</b>	<b>1117</b>	PDC	M2 30-39	247		PDC	<b>01:57:25.40</b>	<b>01:57:25.40</b>	+01:09:05 (58.8%)	15:39	3,8 (33.3%)
248	<b>JACHIRA Krzysztof</b>	<b>722</b>	GRYF TEAM	M2 30-39	248			<b>01:58:00.45</b>	<b>01:58:00.45</b>	+01:09:41 (59.0%)	15:44	3,8 (42.2%)
249	<b>BOŻEK Łukasz</b>	<b>184</b>	MUD GOATS	M2 30-39	249		Mud Goats	<b>01:58:03.30</b>	<b>01:58:03.30</b>	+01:09:43 (59.1%)	15:44	3,8 (42.2%)
250	<b>POST Michał</b>	<b>1337</b>		M2 30-39	250		DoktoŻy	<b>01:58:16.10</b>	<b>01:58:16.10</b>	+01:09:56 (59.1%)	15:46	3,8 (42.2%)
251	<b>STASIUK Robert</b>	<b>1318</b>		M2 30-39	251		DoktoŻy	<b>01:58:16.55</b>	<b>01:58:16.55</b>	+01:09:57 (59.1%)	15:46	3,8 (42.2%)
252	<b>GOŁASZ Robert</b>	<b>1146</b>		M2 30-39	252			<b>01:58:22.55</b>	<b>01:58:22.55</b>	+01:10:03 (59.2%)	15:46	3,8 (33.3%)
253	<b>TROJANOWSKI Marcin</b>	<b>1289</b>		M2 30-39	253			<b>01:58:34.50</b>	<b>01:58:34.50</b>	+01:10:15 (59.2%)	15:48	3,8 (33.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Mundurowi	Drużyna Kluby	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
254	<b>BAGIŃSKI Marcin</b>	<b>1340</b>		M2 30-39	254				<b>01:58:41.00</b>	<b>01:58:41.00</b>	+01:10:21 (59.3%)	15:49	3,8 (42.2%)
255	<b>KOTWAS Paweł</b>	<b>1124</b>	PDC	M2 30-39	255			PDC	<b>01:58:42.30</b>	<b>01:58:42.30</b>	+01:10:22 (59.3%)	15:49	3,8 (33.3%)
256	<b>KABIL Aly</b>	<b>1118</b>	PDC	M2 30-39	256			PDC	<b>01:58:42.35</b>	<b>01:58:42.35</b>	+01:10:22 (59.3%)	15:49	3,8 (33.3%)
257	<b>KOZAKIEWICZ Andrzej</b>	<b>1333</b>		M2 30-39	257				<b>01:58:49.90</b>	<b>01:58:49.90</b>	+01:10:30 (59.3%)	15:50	3,8 (33.3%)
258	<b>KRUBER Piotr</b>	<b>519</b>		M2 30-39	258				<b>01:58:59.65</b>	<b>01:58:59.65</b>	+01:10:40 (59.4%)	15:51	3,8 (33.3%)
259	<b>NOWOTNIK Wojciech</b>	<b>944</b>		M2 30-39	259				<b>01:59:12.40</b>	<b>01:59:12.40</b>	+01:10:52 (59.5%)	15:53	3,8 (33.3%)
260	<b>LESZKIEWICZ Roman</b>	<b>281</b>		M2 30-39	260			KMS	<b>01:59:24.05</b>	<b>01:59:24.05</b>	+01:11:04 (59.5%)	15:55	3,8 (42.2%)
261	<b>POLIS Paweł</b>	<b>1219</b>		M2 30-39	261				<b>01:59:24.55</b>	<b>01:59:24.55</b>	+01:11:05 (59.5%)	15:55	3,8 (42.2%)
262	<b>CICHY Łukasz</b>	<b>79</b>		M2 30-39	262				<b>01:59:25.20</b>	<b>01:59:25.20</b>	+01:11:05 (59.5%)	15:55	3,8 (42.2%)
263	<b>KUCHTO Arkadiusz</b>	<b>83</b>	HRLINK	M2 30-39	263				<b>01:59:25.60</b>	<b>01:59:25.60</b>	+01:11:06 (59.5%)	15:55	3,8 (42.2%)
264	<b>KUCABA Paweł</b>	<b>1225</b>		M2 30-39	264				<b>01:59:25.85</b>	<b>01:59:25.85</b>	+01:11:06 (59.5%)	15:55	3,8 (42.2%)
265	<b>CZYŻEWSKI Mateusz</b>	<b>311</b>		M2 30-39	265				<b>01:59:26.40</b>	<b>01:59:26.40</b>	+01:11:06 (59.5%)	15:55	3,8 (42.2%)
266	<b>GUMOWSKI Daniel</b>	<b>352</b>		M2 30-39	266			2 of 4	<b>01:59:51.40</b>	<b>01:59:51.40</b>	+01:11:31 (59.7%)	15:58	3,8 (33.3%)
267	<b>KACZOR Mariusz</b>	<b>491</b>	WAR-CHLACZKI	M2 30-39	267			Jost Polska	<b>02:00:03.45</b>	<b>02:00:03.45</b>	+01:11:44 (59.7%)	16:00	3,7 (33.3%)
268	<b>GAJEK Łukasz</b>	<b>412</b>	WAR-CHLACZKI	M2 30-39	268			WAR-chlaczki	<b>02:00:04.25</b>	<b>02:00:04.25</b>	+01:11:44 (59.8%)	16:00	3,7 (33.3%)
269	<b>BIAZIK Piotr</b>	<b>443</b>	WAR-CHLACZKI	M2 30-39	269			WAR-chlaczki	<b>02:00:04.75</b>	<b>02:00:04.75</b>	+01:11:45 (59.8%)	16:00	3,7 (33.3%)
270	<b>SKOWYRA Arkadiusz</b>	<b>422</b>	RUNGRYF GRYFICE	M2 30-39	270				<b>02:00:10.75</b>	<b>02:00:10.75</b>	+01:11:51 (59.8%)	16:01	3,7 (33.3%)
271	<b>BĘGOWSKI Tomasz</b>	<b>185</b>		M2 30-39	271	12BZ Szczecin		B	<b>02:00:40.70</b>	<b>02:00:40.70</b>	+01:12:21 (60.0%)	16:05	3,7 (33.3%)
272	<b>HARNER Jacek</b>	<b>244</b>	PANDA I BANDA	M2 30-39	272			Panda i Banda	<b>02:01:14.75</b>	<b>02:01:14.75</b>	+01:12:55 (60.1%)	16:09	3,7 (41.1%)
273	<b>MADEJ Krzysztof</b>	<b>637</b>		M2 30-39	273				<b>02:01:25.50</b>	<b>02:01:25.50</b>	+01:13:06 (60.2%)	16:11	3,7 (33.3%)
274	<b>KOWNACKI Bartosz</b>	<b>213</b>	AT-TRZEBIATÓW	M2 30-39	274				<b>02:01:30.05</b>	<b>02:01:30.05</b>	+01:13:10 (60.2%)	16:12	3,7 (33.3%)
275	<b>KWAŚNIEWSKI Wojciech</b>	<b>1213</b>	KS POLANIE PIERZCHNICA	M2 30-39	275				<b>02:02:33.30</b>	<b>02:02:33.30</b>	+01:14:13 (60.6%)	16:20	3,7 (41.1%)
276	<b>ULATOWSKI Tomasz</b>	<b>109</b>		M2 30-39	276				<b>02:03:07.25</b>	<b>02:03:07.25</b>	+01:14:47 (60.8%)	16:24	3,7 (33.3%)
277	<b>BUCZEK Krzysztof</b>	<b>1328</b>		M2 30-39	277			Agat	<b>02:03:23.15</b>	<b>02:03:23.15</b>	+01:15:03 (60.8%)	16:27	3,6 (33.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Mundurowi	Drużyna Kluby	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
278	<b>LEWANDOWSKI Michał</b>	<b>1103</b>	COLOSSUS	M2 30-39	278				<b>02:03:30.10</b>	<b>02:03:30.10</b>	+01:15:10 (60.9%)	16:28	3,6 (33.3%)
279	<b>CIEPIELA Przemysław</b>	<b>577</b>		M2 30-39	279				<b>02:03:34.35</b>	<b>02:03:34.35</b>	+01:15:14 (60.9%)	16:28	3,6 (40.0%)
280	<b>DĘBCZYŃSKI Michał</b>	<b>152</b>	WILD HORSE ZÜRICH	M2 30-39	280				<b>02:03:34.65</b>	<b>02:03:34.65</b>	+01:15:15 (60.9%)	16:28	3,6 (40.0%)
281	<b>CYNOWSKI Patryk</b>	<b>1299</b>		M2 30-39	281			Jazz Club	<b>02:04:06.25</b>	<b>02:04:06.25</b>	+01:15:46 (61.1%)	16:32	3,6 (40.0%)
282	<b>LIPIŃSKI Paweł</b>	<b>1215</b>	HUSARIA RACE TEAM	M2 30-39	282			Husaria Race Team	<b>02:04:09.10</b>	<b>02:04:09.10</b>	+01:15:49 (61.1%)	16:33	3,6 (33.3%)
283	<b>ŻERKO Marcin</b>	<b>564</b>		M2 30-39	283				<b>02:04:17.15</b>	<b>02:04:17.15</b>	+01:15:57 (61.1%)	16:34	3,6 (40.0%)
284	<b>GOSTOMSKI Miłosz</b>	<b>381</b>		M2 30-39	284				<b>02:04:18.25</b>	<b>02:04:18.25</b>	+01:15:58 (61.1%)	16:34	3,6 (40.0%)
285	<b>GORCZYCA Mateusz</b>	<b>1236</b>		M2 30-39	285			Sławno bushcraft	<b>02:04:20.10</b>	<b>02:04:20.10</b>	+01:16:00 (61.1%)	16:34	3,6 (33.3%)
286	<b>SOWA Krzysztof</b>	<b>701</b>	ZWIEDZANIE PRZEZ BIEGANIE	M2 30-39	286				<b>02:04:59.10</b>	<b>02:04:59.10</b>	+01:16:39 (61.3%)	16:39	3,6 (40.0%)
287	<b>PŁAŻAŁSKI Łukasz</b>	<b>957</b>		M2 30-39	287			Husaria Race Team	<b>02:05:05.05</b>	<b>02:05:05.05</b>	+01:16:45 (61.4%)	16:40	3,6 (33.3%)
288	<b>SOKOŁOWSKI Konrad</b>	<b>959</b>	HUSARIA RACE TEAM	M2 30-39	288				<b>02:05:05.50</b>	<b>02:05:05.50</b>	+01:16:46 (61.4%)	16:40	3,6 (33.3%)
289	<b>SOBCZAK Wojtek</b>	<b>1035</b>		M2 30-39	289				<b>02:05:25.85</b>	<b>02:05:25.85</b>	+01:17:06 (61.5%)	16:43	3,6 (33.3%)
290	<b>RYBACKI Roman</b>	<b>411</b>	WAR-CHLACZKI	M2 30-39	290			WAR-chlaczki	<b>02:05:30.25</b>	<b>02:05:30.25</b>	+01:17:10 (61.5%)	16:44	3,6 (33.3%)
291	<b>BAGIEŃSKI Adrian</b>	<b>1226</b>	STC STARGARD	M2 30-39	291				<b>02:06:19.90</b>	<b>02:06:19.90</b>	+01:18:00 (61.7%)	16:50	3,6 (33.3%)
292	<b>BOBROWICZ Jakub</b>	<b>116</b>	T.CH. SZCZECIN	M2 30-39	292				<b>02:06:40.60</b>	<b>02:06:40.60</b>	+01:18:21 (61.9%)	16:53	3,6 (33.3%)
293	<b>HAJDUKIEWICZ Marek</b>	<b>1274</b>		M2 30-39	293				<b>02:07:30.35</b>	<b>02:07:30.35</b>	+01:19:10 (62.1%)	17:00	3,5 (33.3%)
294	<b>CZYNSZAK Krystian</b>	<b>700</b>	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	294			Pędzące Imadła Stargard	<b>02:11:35.10</b>	<b>02:11:35.10</b>	+01:23:15 (63.3%)	17:32	3,4 (33.3%)
295	<b>STAŃCZYK Sławomir</b>	<b>314</b>	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	295			Pędzące Imadła Stargard	<b>02:11:35.40</b>	<b>02:11:35.40</b>	+01:23:15 (63.3%)	17:32	3,4 (33.3%)
296	<b>WROŃSKI Julian</b>	<b>625</b>	STARGARD JA SIĘ NIE ŚCIGAM	M2 30-39	296			Pędzące Imadła Stargard	<b>02:11:35.45</b>	<b>02:11:35.45</b>	+01:23:16 (63.3%)	17:32	3,4 (33.3%)
297	<b>LOKOCZ Rafał</b>	<b>590</b>	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	297				<b>02:13:31.70</b>	<b>02:13:31.70</b>	+01:25:12 (63.8%)	17:48	3,4 (33.3%)
298	<b>SUCHECKI Paweł</b>	<b>459</b>		M2 30-39	298				<b>02:13:59.70</b>	<b>02:13:59.70</b>	+01:25:40 (63.9%)	17:51	3,4 (37.8%)
299	<b>WILCZYŃSKI Grzegorz</b>	<b>406</b>		M2 30-39	299				<b>02:14:46.15</b>	<b>02:14:46.15</b>	+01:26:26 (64.1%)	17:58	3,3 (36.7%)
300	<b>MARCHEWKA Łukasz</b>	<b>460</b>	POŁAPANI TEAM	M2 30-39	300				<b>02:16:36.80</b>	<b>02:16:36.80</b>	+01:28:17 (64.6%)	18:12	3,3 (33.3%)
301	<b>KOSMAŁSKI Jarosław</b>	<b>524</b>	SKS HUSARIA	M2 30-39	301			SKS Husaria	<b>02:16:37.80</b>	<b>02:16:37.80</b>	+01:28:18 (64.6%)	18:12	3,3 (36.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna Mundurowi	Drużyna Kluby	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
302	<b>BULIŃSKI Jacek</b>	<b>1163</b>		M2 30-39	302			<b>02:17:52.85</b>	<b>02:17:52.85</b>	+01:29:33 (65.0%)	18:22	3,3 (33.3%)
303	<b>FALARCZYK Maciej</b>	<b>1122</b>	PDC	M2 30-39	303		PDC	<b>02:18:15.70</b>	<b>02:18:15.70</b>	+01:29:56 (65.0%)	18:26	3.3 (36.7%)
304	<b>WIERZBA Piotr</b>	<b>641</b>	KOBIECE BIEGANIE	M2 30-39	304		Kobiece Bieganie	<b>02:23:01.95</b>	<b>02:23:01.95</b>	+01:34:42 (66.2%)	19:04	3,1 (33.3%)
305	<b>CAŁY Przemek</b>	<b>597</b>	KOBIECE BIEGANIE	M2 30-39	305		Kobiece Bieganie	<b>02:23:02.15</b>	<b>02:23:02.15</b>	+01:34:42 (66.2%)	19:04	3,1 (33.3%)
306	<b>AMBROZIAK Adam</b>	<b>1120</b>	PDC	M2 30-39	306		PDC	<b>02:23:48.45</b>	<b>02:23:48.45</b>	+01:35:29 (66.4%)	19:10	3.1 (34.4%)
307	<b>CZYZ Andrzej</b>	<b>1222</b>		M2 30-39	307		Agat	<b>02:31:10.80</b>	<b>02:31:10.80</b>	+01:42:51 (68.0%)	20:09	3 (33.3%)
308	<b>CHAŁUPKA Łukasz</b>	<b>843</b>		M2 30-39	308			<b>01:22:25.35</b>	<b>04:04:08.35</b>	+03:15:48 (80.2%)	10:59	5.5 (61.1%)
	<b>BARAN Piotr</b>	<b>909</b>		M2 30-39				<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>WAWSZCZAK Jakub</b>	<b>1330</b>		M2 30-39			Maciejkowe Żelki	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>GAŚSIOR Paweł</b>	<b>838</b>	ROZBIEGANY SUSZ	M2 30-39				<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SOSKA Jacek</b>	<b>427</b>		M2 30-39				<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>RADZISZEWSKI Tomasz</b>	<b>1276</b>		M2 30-39			Colossus	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>LISOWSKI Kamil</b>	<b>1346</b>		M2 30-39			Hell's Heaven Szczecin	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PŁOSKOŃ Błażej</b>	<b>1058</b>		M2 30-39				<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>CYBULSKI Michał</b>	<b>663</b>	PANDA I BANDA	M2 30-39			Panda i Banda	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KMICIEWICZ Miłosz</b>	<b>1050</b>		M2 30-39				<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>WRÓBEL Grzegorz</b>	<b>1051</b>		M2 30-39				<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ŁUKASZEWSKI Michał</b>	<b>951</b>		M2 30-39				<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 319 wynik(ów)