



Wydarzenie: IX Bieg Mikołajkowy
Organizator: Stowarzyszenie BiegamBoLubie Team Police
Data: 2021-12-05
Miejsce: Police
Dystans: 10 km

IX BIEG MIKOŁAJKOWY

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

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INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: [Wszyscy](#)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja V M.P.		5 km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
								Grupy Azoty S.A.	Drużyna 1						
1	PAŃKO Andrzej	2	KB HERMES GRYFINO	M-20	1		Tak		KB Hermes Gryfino	00:17:31	00:36:27.35	00:36:29.45		3:38	16.5 (100%)
2	WASZAK Krzysztof	8		M-20	2		Tak		fehlaun run team and friends	00:17:44	00:37:46.45	00:37:48.85	+00:01:19 (3.5%)	3:46	15.9 (96.4%)
3	WASZCZUK Tomasz	10		M-40	1				fehlaun run team and friends	00:18:16	00:38:17.95	00:38:19.55	+00:01:50 (4.8%)	3:49	15.7 (95.2%)
4	KONARSKI Bartosz	190	ERAKAWY	M-40	2				fehlaun run team and friends	00:18:58	00:39:10.95	00:39:13.35	+00:02:43 (7.0%)	3:55	15.3 (92.7%)
5	FILIPOWSKI Dariusz	95	FEHLAU RUN TEAM	M-40	3				fehlaun run team and friends	00:19:00	00:39:14.80	00:39:16.90	+00:02:47 (7.1%)	3:55	15.3 (92.7%)
6	RUDZIŃSKI Jacek	396	KB HERMES GRYFINO	M-50	1		Tak		KB Hermes Gryfino	00:19:01	00:39:16.20	00:39:18.90	+00:02:49 (7.2%)	3:55	15.3 (92.7%)
7	RUSEK Kamil	398	FEHLAU RUN TEAM	M-30	1				fehlaun run team and friends	00:19:00	00:39:49.90	00:39:52.45	+00:03:23 (8.5%)	3:58	15.1 (91.5%)
8	APIECIONEK Mateusz	13	UKL ÓSEMKA POLICE	M-30	2			Tak		00:19:01	00:39:57.05	00:39:59.15	+00:03:29 (8.7%)	3:59	15 (90.9%)
9	KUBISZTAŁ Wojciech	224	FEHLAU RUN TEAM AND FRIENDS	M-30	3				fehlaun run team and friends	00:19:03	00:40:05.45	00:40:07.55	+00:03:38 (9.1%)	4:00	15 (90.9%)
10	ZABIELSKI Józef	5	RAZ SZCZECIN	M-40	4		Tak			00:19:37	00:40:35.70	00:40:38.10	+00:04:08 (10.2%)	4:03	14.8 (89.7%)
11	JANISZYN Marcin	139	KP PSP GRYFINO	M-30	4		Tak		KB Hermes Gryfino	00:19:35	00:40:39.35	00:40:42.65	+00:04:13 (10.4%)	4:03	14.8 (89.7%)
12	WASILEWSKI Andrzej	519	WILKI Z CIECHOCINKA	M-40	5					00:19:37	00:40:38.20	00:40:53.30	+00:04:23 (10.8%)	4:03	14.8 (89.7%)
13	OPAS Adam	318	UKL ÓSEMKA POLICE	M-40	6					00:19:38	00:41:29.55	00:41:32.15	+00:05:02 (12.1%)	4:08	14.5 (87.9%)
14	CHAWAWKO Toamsz	592		M-40	7					00:20:08	00:41:44.60	00:41:47.30	+00:05:17 (12.7%)	4:10	14.4 (87.3%)

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								Grupy Azoty S.A.	Drużyna 1						
15	WOJNACH Andrzej	541	79 MINUT PO PIĘĆDZIESIĄTCE	M-50	2					00:19:53	00:41:45.15	00:41:47.90	+00:05:18 (12.7%)	4:10	14.4 (87.3%)
16	PRYK Rafał	374	ROZBIEGANY GOLENIÓW	M-40	8					00:20:09	00:42:11.40	00:42:16.15	+00:05:46 (13.7%)	4:13	14.2 (86.1%)
17	ULDYNOWICZ Łukasz	512	MLUKS MOKASYN PŁOTY	M-30	5					00:20:08	00:42:12.75	00:42:17.00	+00:05:47 (13.7%)	4:13	14.2 (86.1%)
18	HOŁYŃSKI Leszek	129	KM PSP SZCZECIN	M-30	6		Tak			00:20:29	00:42:28.30	00:42:34.70	+00:06:05 (14.3%)	4:14	14.1 (85.5%)
19	MIROWSKI Blazej	284	UKL OSEMKA POLICE	M-30	7					00:21:19	00:42:51.40	00:42:54.55	+00:06:25 (15.0%)	4:17	14 (84.8%)
20	BURAS Radosław	53	KB HERMES GRYFINO	M-30	8		Tak			00:20:34	00:42:50.40	00:42:56.00	+00:06:26 (15.0%)	4:17	14 (84.8%)
21	PIELECHOWSKI Piotr	345	DECATHLON SZCZECIN	M-20	3					00:20:41	00:43:16.00	00:43:18.90	+00:06:49 (15.8%)	4:19	13.9 (84.2%)
22	SOBKOWIAK Robert	430	MKL MARATON ŚWINOUJŚCIE	M-50	3					00:21:02	00:43:25.55	00:43:30.90	+00:07:01 (16.1%)	4:20	13.8 (83.6%)
23	OLEJARZ Damian	312	POL-BUD POLICE	M-30	9					00:21:20	00:43:38.20	00:43:40.45	+00:07:11 (16.4%)	4:21	13.8 (83.6%)
24	POLICZKIEWICZ Maciej	364		M-30	10					00:21:13	00:43:49.65	00:43:53.05	+00:07:23 (16.8%)	4:22	13.7 (83.0%)
25	MACIEJEWSKI Krzysztof	256		M-30	11					00:20:38	00:43:53.35	00:43:57.55	+00:07:28 (17.0%)	4:23	13.7 (83.0%)
26	OSETEK Sebastian	321	KB HERMES GRYFINO	M-30	12					00:20:47	00:43:59.15	00:44:02.70	+00:07:33 (17.2%)	4:23	13.6 (82.4%)
27	PROCIAK Krzysztof	371	SKB DZIK	M-30	13					00:21:16	00:43:53.05	00:44:05.15	+00:07:35 (17.2%)	4:23	13.7 (83.0%)
28	GORSZKA Damian	6		M-20	4					00:20:48	00:44:06.25	00:44:10.30	+00:07:40 (17.4%)	4:24	13.6 (82.4%)
29	JANUSZ Żywicki	141	KB PIONIER SZCZECIN	M-50	4					00:21:14	00:44:16.25	00:44:19.25	+00:07:49 (17.7%)	4:25	13.6 (82.4%)
30	SZABAŁOWSKA Małgorzata	7		K-20	1					00:21:26	00:44:16.80	00:44:20.35	+00:07:50 (17.7%)	4:25	13.6 (82.4%)
31	ŁOKUCJEWSKI Paweł	250	POL-BUD POLICE / UKL ÓSEMKA	M-30	14					00:21:18	00:44:24.35	00:44:27.40	+00:07:57 (17.9%)	4:26	13.5 (81.8%)
32	WASIELEWSKA Paulina	518	UKL ÓSEMKA POLICE	K-20	2					00:21:27	00:44:28.90	00:44:31.60	+00:08:02 (18.0%)	4:26	13.5 (81.8%)
33	MARKIEWICZ Kamil	273	BRIDGESTONE STARGARD RUNNERS	M-20	5					00:21:35	00:44:32.35	00:44:38.70	+00:08:09 (18.3%)	4:27	13.5 (81.8%)
34	BIAŁEK Beata	1	KB HERMES	K-40	1					00:21:54	00:44:43.25	00:44:47.10	+00:08:17 (18.5%)	4:28	13.4 (81.2%)
35	BORGER Krzysztof	38	UKL ÓSEMKA	M-40	9			Tak		00:21:50	00:44:51.90	00:44:54.60	+00:08:25 (18.7%)	4:29	13.4 (81.2%)
36	STERNA Piotr	446		M-30	15	Jarosławscy		Tak	Jarostawskie i on	00:21:28	00:44:55.85	00:44:59.80	+00:08:30 (18.9%)	4:29	13.4 (81.2%)
37	DOBOSZ Piotr	79		M-40	10					00:21:44	00:44:55.25	00:45:04.50	+00:08:35 (19.0%)	4:29	13.4 (81.2%)
38	UŁANOWICZ Tomasz	514	WIECZORNE BIEGANIE W SZCZECINIE	M-50	5					00:21:39	00:45:10.10	00:45:14.65	+00:08:45 (19.3%)	4:31	13.3 (80.6%)

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39	JASIUCHNA Marek	148		M-30	16		Tak			00:22:00	00:45:21.25	00:45:27.40	+00:08:57 (19.7%)	4:32	13.2 (80.0%)
40	GAWLE Łukasz	101	UNITY LINE	M-30	17					00:22:14	00:45:35.35	00:45:48.50	+00:09:19 (20.3%)	4:33	13.2 (80.0%)
41	KAMIŃSKA Agata	162	KAMIŃSKI TEAM	K-30	1				Parkrun szczecin	00:22:03	00:45:53.85	00:45:59.20	+00:09:29 (20.6%)	4:35	13.1 (79.4%)
42	KOTARSKI Wiesław	196	GRUPA AZOTY POLICE	M-60	1		Tak			00:22:19	00:46:08.80	00:46:11.20	+00:09:41 (21.0%)	4:36	13 (78.8%)
43	KOSZTOWNY Agata	195	SKSG KORONA SZCZECIN	K-30	2					00:22:24	00:46:09.30	00:46:12.15	+00:09:42 (21.0%)	4:36	13 (78.8%)
44	ZELEK Darek	566		M-40	11					00:22:07	00:46:13.00	00:46:15.10	+00:09:45 (21.1%)	4:37	13 (78.8%)
45	FĄFEREK Piotr	94	WIECZORNE BIEGANIE W SZCZECINIE	M-30	18					00:22:04	00:46:10.60	00:46:17.35	+00:09:47 (21.2%)	4:37	13 (78.8%)
46	BĘDKOWSKI Piotr	23	SWIM2TRI	M-30	19					00:22:03	00:46:43.10	00:46:49.65	+00:10:20 (22.1%)	4:40	12.8 (77.6%)
47	ZALEWSKI Maciej	559		M-40	12					00:22:27	00:46:43.80	00:46:53.55	+00:10:24 (22.2%)	4:40	12.8 (77.6%)
48	OLEJNIK Przemek	313		M-50	6					00:22:25	00:46:52.65	00:46:57.55	+00:10:28 (22.3%)	4:41	12.8 (77.6%)
49	SZCZUPACZYŃSKI Arkadiusz	465	RUNGRYF	M-50	7					00:22:51	00:47:13.30	00:47:18.15	+00:10:48 (22.9%)	4:43	12.7 (77.0%)
50	SIWEK Jarek	421	PARKRUN SZCZECIN	M-40	13				Parkrun szczecin	00:22:55	00:47:15.80	00:47:20.05	+00:10:50 (22.9%)	4:43	12.7 (77.0%)
51	BOJKO Marek	33		M-40	14					00:22:54	00:47:27.35	00:47:34.05	+00:11:04 (23.3%)	4:44	12.6 (76.4%)
52	RYBAK Łukasz	405		M-30	20					00:23:29	00:47:28.65	00:47:39.30	+00:11:09 (23.4%)	4:44	12.6 (76.4%)
53	SZULC Marcin	477	BOLI BOLI	M-30	21				Boli Boli	00:22:33	00:47:38.00	00:47:41.95	+00:11:12 (23.5%)	4:45	12.6 (76.4%)
54	WUJDA Mirosław	555	ERNI RULEZ	M-40	15					00:23:22	00:47:39.80	00:47:44.60	+00:11:15 (23.6%)	4:45	12.6 (76.4%)
55	WARCZALOWSKI Arkadiusz	516		M-40	16					00:22:50	00:47:38.20	00:47:45.25	+00:11:15 (23.6%)	4:45	12.6 (76.4%)
56	DOBERSZTYN Franek	78		M-16	1					00:22:03	00:47:52.10	00:48:04.35	+00:11:34 (24.1%)	4:47	12.5 (75.8%)
57	FRANKIEWICZ Grzesiek	97		M-30	22					00:22:24	00:47:57.80	00:48:05.40	+00:11:35 (24.1%)	4:47	12.5 (75.8%)
58	SZYMKIEWICZ Robert	488	MIEDZYRZECKIE GAZELE	M-50	8					00:23:15	00:48:04.10	00:48:09.15	+00:11:39 (24.2%)	4:48	12.5 (75.8%)
59	NADOLNY Przemysław	296	PARKRUN SZCZECIN	M-40	17				Parkrun szczecin	00:23:20	00:48:12.60	00:48:16.40	+00:11:46 (24.4%)	4:49	12.4 (75.2%)
60	ARLUKIEWICZ Grzegorz	14	TIP	M-30	23				TIP	00:23:35	00:48:19.20	00:48:24.75	+00:11:55 (24.6%)	4:49	12.4 (75.2%)
61	PUCHALSKI Grzegorz	376	MOBILNA WULKANIZACJA 536-226-226	M-30	24					00:22:57	00:48:26.30	00:48:30.10	+00:12:00 (24.8%)	4:50	12.4 (75.2%)
62	GRZEGÓRZEK Paulina	4	RAZ SZCZECIN	K-30	3					00:23:25	00:48:31.70	00:48:34.90	+00:12:05 (24.9%)	4:51	12.4 (75.2%)
63	BYSIAK Weronika	55	KB KAMIEŃ POMORSKI	K-20	3					00:23:51	00:48:25.40	00:48:35.25	+00:12:05 (24.9%)	4:50	12.4 (75.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja	5 km	Czas netto	Czas brutto	Tempo	Tempo		
								V M.P. Grupy Azoty S.A.						Drużyna 1	5km
64	MATUSEWICZ Paweł	591		M-20	6				TIP	00:23:36	00:48:35.85	00:48:40.95	+00:12:11 (25.0%)	4:51	12.3 (74.5%)
65	PLUTA Grzegorz	359	KB HERMES GRYFINO	M-50	9				kB Hermesa Gryfino	00:23:16	00:48:41.30	00:48:45.25	+00:12:15 (25.2%)	4:52	12.3 (74.5%)
66	ORYL Mariusz	320		M-30	25		Tak			00:23:25	00:48:56.60	00:49:03.65	+00:12:34 (25.6%)	4:53	12.3 (74.5%)
67	NAGADOWSKI Paweł	298		M-30	26					00:23:08	00:49:07.10	00:49:10.65	+00:12:41 (25.8%)	4:54	12.2 (73.9%)
68	GRZYBOWSKI Robert	114	BOLI BOLI / GRUPA AZOTY	M-40	18			Tak	Boli Boli	00:23:26	00:49:10.65	00:49:15.05	+00:12:45 (25.9%)	4:55	12.2 (73.9%)
69	PILC Anna	349	TARNOWO PODGÓRNE BIEGA	K-30	4				Policzanki	00:23:37	00:49:11.60	00:49:17.00	+00:12:47 (26.0%)	4:55	12.2 (73.9%)
70	MAJKA Dariusz	262	BIEGACZE ŚWINOUJŚCIE	M-30	27					00:23:44	00:49:13.50	00:49:18.20	+00:12:48 (26.0%)	4:55	12.2 (73.9%)
71	SZCZYGIELSKI Radosław	466	DECATHLON SZCZECIN	M-30	28				Decathlon Szczecin	00:23:50	00:49:17.70	00:49:23.05	+00:12:53 (26.1%)	4:55	12.2 (73.9%)
72	RÓŻAŃSKI Marcin	391	BRZÓZKI	M-30	29					00:23:27	00:49:06.90	00:49:23.25	+00:12:53 (26.1%)	4:54	12.2 (73.9%)
73	RZEMIENIECKA-GRUDZIEŃ Joanna	407		K-40	2					00:23:54	00:49:28.30	00:49:35.25	+00:13:05 (26.4%)	4:56	12.1 (73.3%)
74	HETMAŃSKI Arek	127	LOVELASY	M-30	30			Tak	LoveLasy	00:23:35	00:49:37.65	00:49:41.50	+00:13:12 (26.6%)	4:57	12.1 (73.3%)
75	SACHARSKI Bartłomiej	408	WIECZORNE BIEGANIE W SZCZECINIE	M-30	31					00:23:52	00:49:40.10	00:49:50.45	+00:13:21 (26.8%)	4:58	12.1 (73.3%)
76	BERNACKI Mariusz	22	MODLITWA BIEGANIA GRYFINO	M-40	19					00:24:36	00:49:28.10	00:49:52.35	+00:13:22 (26.8%)	4:56	12.1 (73.3%)
77	SAWARYN Damian	411		M-20	7					00:23:32	00:49:48.40	00:49:55.85	+00:13:26 (26.9%)	4:58	12 (72.7%)
78	PARUZEL Joanna	329	HULK TEAM POLICE	K-30	5				AktywnySplot	00:23:37	00:49:59.60	00:50:03.85	+00:13:34 (27.1%)	4:59	12 (72.7%)
79	RUTKOWSKI Krzysztof	403		M-30	32					00:23:59	00:49:56.90	00:50:04.10	+00:13:34 (27.1%)	4:59	12 (72.7%)
80	ZAWLIK Tomasz	565	BIEGAM BO LUBIĘ	M-40	20					00:24:46	00:50:05.60	00:50:13.10	+00:13:43 (27.3%)	5:00	12 (72.7%)
81	DYDEK Edyta	89	SKB DZIK	K-20	4	Dydek	Tak		SKB DZIK	00:23:53	00:50:11.55	00:50:14.65	+00:13:45 (27.4%)	5:01	12 (72.7%)
82	DOBERSZTYN Błażej	77		M-40	21					00:24:04	00:49:54.00	00:50:15.00	+00:13:45 (27.4%)	4:59	12 (72.7%)
83	TYMUL Jakub	510	#TYMTRITEAM	M-40	22					00:24:05	00:49:53.85	00:50:15.05	+00:13:45 (27.4%)	4:59	12 (72.7%)
84	WOLSKI Tomasz	543	WIECZORNE BIEGANIE W SZCZECINIE	M-40	23				Parkrun Szczecin	00:24:44	00:50:01.65	00:50:22.05	+00:13:52 (27.6%)	5:00	12 (72.7%)
85	NYKOLAJCZUK Robert	310	BRIDGESTONE RUNNER STARGARD	M-40	24					00:25:06	00:50:18.20	00:50:27.75	+00:13:58 (27.7%)	5:01	11.9 (72.1%)
86	ZAJĄC Maciej	558	BIEGACZE ŚWINOUJŚCIE	M-30	33					00:24:43	00:50:27.55	00:50:32.65	+00:14:03 (27.8%)	5:02	11.9 (72.1%)
87	PIĄTEK Krystian	342		M-40	25					00:24:40	00:50:13.55	00:50:34.90	+00:14:05 (27.9%)	5:01	11.9 (72.1%)
88	BIGUS Paweł	26		M-20	8		Tak			00:25:26	00:50:46.85	00:50:59.85	+00:14:30 (28.4%)	5:04	11.8 (71.5%)

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89	BRZozowska Mirela	47		K-20	5					00:24:20	00:50:57.70	00:51:01.80	+00:14:32 (28.5%)	5:05	11.8 (71.5%)
90	LEWANDOWSKI Piotr	238	SKB DZIK	M-40	26				SKB DZIK	00:24:12	00:50:51.00	00:51:03.70	+00:14:34 (28.5%)	5:05	11.8 (71.5%)
91	JASINOWSKI Dariusz	145	ROCKYOURBODY	M-40	27					00:24:17	00:50:57.95	00:51:07.15	+00:14:37 (28.6%)	5:05	11.8 (71.5%)
92	KoŁTUN Wojtek	187		M-50	10					00:25:14	00:50:43.85	00:51:14.45	+00:14:45 (28.8%)	5:04	11.8 (71.5%)
93	PASIKOWSKI Kamil	330	SKB DZIK	M-20	9	Dydek	Tak		SKB DZIK	00:24:55	00:51:28.50	00:51:31.85	+00:15:02 (29.2%)	5:08	11.7 (70.9%)
94	WASILEWSKI Sylwester	520		M-30	34					00:24:11	00:51:30.60	00:51:41.25	+00:15:11 (29.4%)	5:09	11.7 (70.9%)
95	SZYMCZAK Marcin	486		M-40	28					00:24:52	00:51:35.10	00:51:42.75	+00:15:13 (29.4%)	5:09	11.6 (70.3%)
96	KACZMAREK Lukasz	158		M-30	35					00:25:34	00:51:44.50	00:51:55.85	+00:15:26 (29.7%)	5:10	11.6 (70.3%)
97	HOŁowczAK Krzysztof	128		M-30	36					00:24:55	00:51:51.60	00:52:00.05	+00:15:30 (29.8%)	5:11	11.6 (70.3%)
98	STOREK Katarzyna	450		K-20	6		Tak		Świnoujście	00:24:56	00:52:02.55	00:52:08.15	+00:15:38 (30.0%)	5:12	11.5 (69.7%)
99	TROJGA Karolina	505	WIECZORNE BIEGANIE W SZCZECINIE	K-30	6					00:24:56	00:52:08.40	00:52:12.85	+00:15:43 (30.1%)	5:12	11.5 (69.7%)
100	ZALAS Norm	603		M-40	29					00:24:05	00:49:43.65	00:52:13.85	+00:15:44 (30.1%)	4:58	12.1 (73.3%)
101	SZCZEPANIAK Iwona	464		K-30	7					00:25:02	00:52:10.45	00:52:16.25	+00:15:46 (30.2%)	5:13	11.5 (69.7%)
102	HAŁGAS Piotr	122		M-20	10					00:25:48	00:52:10.75	00:52:19.20	+00:15:49 (30.3%)	5:13	11.5 (69.7%)
103	SADOWSKI Kamil	409		M-20	11					00:25:48	00:52:10.75	00:52:19.70	+00:15:50 (30.3%)	5:13	11.5 (69.7%)
104	PROKOP Agata	373	WIECZORNE BIEGNIE W SZCZECINIE	K-30	8				Wieczorne Bieganie w Szczecinie	00:25:49	00:52:15.60	00:52:20.20	+00:15:50 (30.3%)	5:13	11.5 (69.7%)
105	POLAK Konrad	363		M-20	12					00:25:43	00:52:09.60	00:52:21.30	+00:15:51 (30.3%)	5:12	11.5 (69.7%)
106	ECHAUST Artur	93	BOLI BOLI	M-30	37					00:24:13	00:52:22.00	00:52:26.15	+00:15:56 (30.4%)	5:14	11.5 (69.7%)
107	ZABŁOCKI Paweł	556	BRIDGESTONE RUNNERS	M-30	38					00:25:08	00:52:20.20	00:52:28.35	+00:15:58 (30.5%)	5:14	11.5 (69.7%)
108	OSMAN Tomasz	323	KS ŻYRAFY	M-30	39					00:25:07	00:52:07.35	00:52:29.35	+00:15:59 (30.5%)	5:12	11.5 (69.7%)
109	NAWROCKI Piotr	303	KB PIONIER SZCZECIN	M-50	11					00:25:51	00:52:33.10	00:52:40.40	+00:16:10 (30.7%)	5:15	11.4 (69.1%)
110	KULIG Krzysztof	227	MODLITWA BIEGANIA GRYFINO	M-40	30					00:24:46	00:52:21.25	00:52:44.55	+00:16:15 (30.8%)	5:14	11.5 (69.7%)
111	LEDWOLORZ Kasia	234		K-40	3					00:25:34	00:52:38.80	00:52:47.65	+00:16:18 (30.9%)	5:15	11.4 (69.1%)
112	SZEWCZYK Monika	469		K-30	9					00:25:47	00:52:37.80	00:52:47.75	+00:16:18 (30.9%)	5:15	11.4 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja V M.P. Grupy Azoty S.A.	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
113	MURAWSKA Wioletta	292	KB DZIK POLICE	K-50	1				SKB DZIK	00:26:00	00:53:06.20	00:53:10.65	+00:16:41 (31.4%)	5:18	11.3 (68.5%)
114	TROJANOWSKA-BARAN Aleksandra	504		K-20	7		Tak			00:25:28	00:53:12.70	00:53:19.85	+00:16:50 (31.6%)	5:19	11.3 (68.5%)
115	DRÓŹDŹ Mariusz	84	MJD TEAM	M-40	31					00:25:56	00:53:11.40	00:53:20.65	+00:16:51 (31.6%)	5:19	11.3 (68.5%)
116	PIECHOCKI Michał	343	BATKA RUNNING TEAM	M-30	40					00:24:52	00:53:16.60	00:53:23.10	+00:16:53 (31.6%)	5:19	11.3 (68.5%)
117	ŁAWNICZAK Sebastian	246		M-40	32			Tak		00:25:30	00:53:16.35	00:53:28.55	+00:16:59 (31.8%)	5:19	11.3 (68.5%)
118	WIKLAK Natalia	530		K-20	8					00:25:51	00:53:19.65	00:53:31.55	+00:17:02 (31.8%)	5:19	11.3 (68.5%)
119	BELT Tomasz	21		M-40	33					00:25:51	00:53:25.50	00:53:33.10	+00:17:03 (31.9%)	5:20	11.2 (67.9%)
120	MADEJ Anna	257	UKL ÓSEMKA POLICE	K-30	10					00:25:51	00:53:25.60	00:53:33.25	+00:17:03 (31.9%)	5:20	11.2 (67.9%)
121	SOWA Krzysztof	436	TRASHMAGEDDON	M-30	41					00:25:56	00:53:29.75	00:53:38.00	+00:17:08 (32.0%)	5:20	11.2 (67.9%)
122	CZECHOWICZ Kuba	588		M-30	42					00:26:43	00:53:01.85	00:53:38.10	+00:17:08 (32.0%)	5:18	11.3 (68.5%)
123	SKOCZYLAS Patryk	422		M-20	13					00:28:03	00:52:50.65	00:53:39.60	+00:17:10 (32.0%)	5:17	11.4 (69.1%)
124	BRENDA Grzegorz	43		M-20	14	Jarosławscy			Jarosławskie i on	00:25:47	00:53:37.05	00:53:43.10	+00:17:13 (32.1%)	5:21	11.2 (67.9%)
125	TRZECIAK Adam	506		M-20	15				Jarosławskie i on	00:25:46	00:53:36.90	00:53:43.45	+00:17:14 (32.1%)	5:21	11.2 (67.9%)
126	BIŁGORAJSKI Adam	29		M-20	16					00:25:37	00:53:37.55	00:53:53.30	+00:17:23 (32.3%)	5:21	11.2 (67.9%)
127	KIBITLEWSKI Łukasz	175		M-30	43					00:26:30	00:53:57.20	00:54:02.60	+00:17:33 (32.5%)	5:23	11.1 (67.3%)
128	HAMAN Kacper	124	DPT RUN TEAM SZCZECIN	M-30	44				DPT RUN TEAM SZCZECIN	00:25:48	00:54:09.10	00:54:14.35	+00:17:44 (32.7%)	5:24	11.1 (67.3%)
129	BRODA Gracjan	44	BOLI BOLI	M-30	45				Boli Boli	00:24:53	00:54:15.55	00:54:20.00	+00:17:50 (32.8%)	5:25	11.1 (67.3%)
130	JAROSŁAWSKA Sandra	144		K-30	11	Jarosławscy			Jarosławskie i on	00:26:07	00:54:23.50	00:54:29.65	+00:18:00 (33.0%)	5:26	11 (66.7%)
131	DOBRYCKI Piotr	82	BRIDGESTONE STARGARD RUNNERS	M-40	34					00:25:44	00:54:22.60	00:54:32.85	+00:18:03 (33.1%)	5:26	11 (66.7%)
132	SZARMACH Dariusz	462	MARATOŃCZYK TEAM SZCZECIN	M-40	35					00:25:38	00:54:31.05	00:54:38.35	+00:18:08 (33.2%)	5:27	11 (66.7%)
133	KACALSKA Zuzanna	154	DECATHLON SZCZECIN	K-30	12				Decathlon Szczecin	00:26:38	00:54:30.85	00:54:43.05	+00:18:13 (33.3%)	5:27	11 (66.7%)
134	MIKOŁAJUK Aneta	280		K-40	4					00:27:10	00:54:37.90	00:54:54.15	+00:18:24 (33.5%)	5:27	11 (66.7%)
135	CIEŚLA Paweł	65		M-30	46					00:27:25	00:54:44.90	00:54:56.20	+00:18:26 (33.6%)	5:28	11 (66.7%)
136	KUBERA Roman	222		M-40	36					00:27:59	00:54:28.00	00:54:56.25	+00:18:26 (33.6%)	5:26	11 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja V M.P. Grupy Azoty S.A.		5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
								Drużyna 1	Drużyna 2						
137	KACZMAREK Jan	159		M-60	2					00:26:30	00:54:55.40	00:55:02.45	+00:18:33 (33.7%)	5:29	10.9 (66.1%)
138	PITURA Kamil	354	T	M-16	2					00:27:12	00:54:48.35	00:55:05.80	+00:18:36 (33.8%)	5:28	10.9 (66.1%)
139	STĘPNIAK Lesław	447		M-40	37					00:26:37	00:55:02.50	00:55:13.30	+00:18:43 (33.9%)	5:30	10.9 (66.1%)
140	WRZOCHOL Paweł	553	BRIDGESTONE RUNNERS	M-30	47			Bridgestone Stargard Runners		00:26:28	00:55:15.05	00:55:20.85	+00:18:51 (34.1%)	5:31	10.9 (66.1%)
141	SOBCZAK Wojciech	428		M-30	48					00:26:36	00:54:55.25	00:55:23.05	+00:18:53 (34.1%)	5:29	10.9 (66.1%)
142	KOWALSKA Anna	203	HERMES	K-40	5			kB Hermesa Gryfino		00:26:41	00:55:21.90	00:55:24.75	+00:18:55 (34.1%)	5:32	10.8 (65.5%)
143	MRÓZ Aleksandra	290	MOCZYLSKIE DIABLICE	K-40	6					00:28:30	00:54:51.00	00:55:25.85	+00:18:56 (34.2%)	5:29	10.9 (66.1%)
143	JENDRZEJCZAK Magdalena	152	MOCZYLSKIE DIABLICE	K-40	6					00:28:34	00:54:50.55	00:55:25.85	+00:18:56 (34.2%)	5:29	10.9 (66.1%)
143	JENDRZEJCZAK Rafał	153		M-40	38					00:28:36	00:54:51.15	00:55:25.85	+00:18:56 (34.2%)	5:29	10.9 (66.1%)
146	STANKIEWICZ Paweł	442	MOVE TRZEBIEŻ	M-16	3					00:27:17	00:55:11.85	00:55:28.45	+00:18:59 (34.2%)	5:31	10.9 (66.1%)
147	MURAWSKA Monika	291	BIEGACZE ŚWINOUJŚCIE	K-40	8					00:27:12	00:55:19.30	00:55:30.05	+00:19:00 (34.3%)	5:31	10.8 (65.5%)
148	NIEDZIÓŁKA Michał	304		M-30	49					00:26:45	00:55:20.25	00:55:31.85	+00:19:02 (34.3%)	5:32	10.8 (65.5%)
149	MISZCZYSZYN Bartosz	285	BRAK	M-30	50					00:28:27	00:54:52.70	00:55:33.00	+00:19:03 (34.3%)	5:29	10.9 (66.1%)
150	KOCHAŃSKI Tomasz	184	PILCHOWO RUNNER TEAM	M-40	39					00:27:45	00:55:15.45	00:55:38.80	+00:19:09 (34.4%)	5:31	10.9 (66.1%)
151	JUSZCZYSZYN Radosław	584		M-30	51					00:27:05	00:55:24.50	00:55:41.95	+00:19:12 (34.5%)	5:32	10.8 (65.5%)
152	ZARZYCKI Piotr	564		M-50	12					00:26:46	00:55:45.05	00:55:54.75	+00:19:25 (34.7%)	5:34	10.8 (65.5%)
153	MURAWSKI Arkadiusz	293		M-16	4					00:27:41	00:55:57.55	00:56:07.90	+00:19:38 (35.0%)	5:35	10.7 (64.8%)
154	ŁUKASIEWICZ Robert	253		M-50	13					00:26:51	00:56:02.40	00:56:09.75	+00:19:40 (35.0%)	5:36	10.7 (64.8%)
155	HANKE Patryk	125	DECATHLON SZCZECIN	M-20	17			Decathlon Szczecin		00:28:02	00:55:59.25	00:56:12.60	+00:19:43 (35.1%)	5:35	10.7 (64.8%)
156	SIWAK Łukasz	420	DPT RUN TEAM SZCZECIN	M-30	52			DPT RUN TEAM SZCZECIN		00:25:50	00:56:10.65	00:56:16.15	+00:19:46 (35.1%)	5:37	10.7 (64.8%)
157	KAMOLA Maciej	163	WYBIEGAĆ MARZENIA TEAM	M-30	53					00:26:46	00:55:40.60	00:56:16.75	+00:19:47 (35.2%)	5:34	10.8 (65.5%)
158	SZYMCZAK Robert	484		M-40	40					00:25:58	00:56:10.90	00:56:16.85	+00:19:47 (35.2%)	5:37	10.7 (64.8%)
159	BATÓG Iwona	18	DĘBNOWSKIE CZŁAPAKI	K-40	9					00:27:10	00:56:08.60	00:56:18.55	+00:19:49 (35.2%)	5:36	10.7 (64.8%)
160	GÓRSKI Łukasz	108		M-30	54					00:27:29	00:55:48.55	00:56:22.65	+00:19:53 (35.3%)	5:34	10.8 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja V M.P. Grupy Azoty S.A.	Drużyna 1	5 km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
										5km	10km	10km			
161	KACPERSKI Piotr	155		M-50	14					00:26:50	00:56:17.75	00:56:25.90	+00:19:56 (35.3%)	5:37	10.7 (64.8%)
162	OSTROWSKI Sylwester	325	STARGARD JA SIĘ NIE ŚCIGAM	M-40	41					00:27:15	00:55:55.15	00:56:34.70	+00:20:05 (35.5%)	5:35	10.7 (64.8%)
163	SZUMIŃSKI Daniel	478		M-30	55					00:27:08	00:56:37.05	00:56:47.10	+00:20:17 (35.7%)	5:39	10.6 (64.2%)
164	ŚLUBOWSKI Dariusz	490		M-40	42					00:27:03	00:56:37.20	00:56:51.00	+00:20:21 (35.8%)	5:39	10.6 (64.2%)
165	JANKA Joanna	140		K-40	10					00:27:57	00:56:36.30	00:56:52.55	+00:20:23 (35.8%)	5:39	10.6 (64.2%)
166	WÓJTOWICZ Jerzy	551	STAR WARS	M-40	43					00:27:20	00:57:03.05	00:57:20.35	+00:20:50 (36.4%)	5:42	10.5 (63.6%)
167	SAŃKA Paweł	410		M-40	44					00:28:10	00:57:15.15	00:57:31.10	+00:21:01 (36.6%)	5:43	10.5 (63.6%)
168	KĘDZIELEWSKI Łukasz	171		M-40	45					00:29:17	00:57:05.50	00:57:32.85	+00:21:03 (36.6%)	5:42	10.5 (63.6%)
169	GRZEJSZCZAK Mikołaj	113	HULK TEAM POLICE	M-20	18					00:28:02	00:57:28.65	00:57:37.10	+00:21:07 (36.7%)	5:44	10.4 (63.0%)
170	DEJNAK Mariola	73	GRYFICKA SIŁA BIEGOWA	K-60	1					00:27:16	00:57:32.15	00:57:38.00	+00:21:08 (36.7%)	5:45	10.4 (63.0%)
171	PENTEŁA Mariusz	340		M-40	46					00:28:08	00:57:20.85	00:57:38.45	+00:21:09 (36.7%)	5:44	10.5 (63.6%)
172	KRÓLAK Beata	211	SP8 POLICE	K-50	2				Policzanki	00:27:30	00:57:43.80	00:57:49.95	+00:21:20 (36.9%)	5:46	10.4 (63.0%)
173	CHARĘZA Marcin	580	ZAWADZKIEGO SZCZECIN	M-40	47					00:29:17	00:57:24.45	00:57:52.10	+00:21:22 (36.9%)	5:44	10.5 (63.6%)
174	KĘDZIERSKI Krzysztof	172	GO2TRI SZCZECIN	M-50	15				GO2TRI Szczecin	00:27:43	00:57:34.85	00:57:55.55	+00:21:26 (37.0%)	5:45	10.4 (63.0%)
175	SOSNOWSKI Adrian	435		M-40	48					00:28:12	00:57:53.35	00:58:06.85	+00:21:37 (37.2%)	5:47	10.4 (63.0%)
176	WOJCIECHOWSKA Basia	539		K-20	9					00:27:37	00:57:58.10	00:58:08.60	+00:21:39 (37.2%)	5:47	10.4 (63.0%)
177	KISIEL Kamila	179	BRIDGESTONE STARGARD	K-20	10					00:28:10	00:58:00.45	00:58:09.80	+00:21:40 (37.3%)	5:48	10.3 (62.4%)
178	KACPRZAK Beata	156	MODRZYCA HUNTERS	K-30	13					00:28:09	00:57:58.95	00:58:14.20	+00:21:44 (37.3%)	5:47	10.4 (63.0%)
179	SOWISZ Adrianna	439		K-20	11					00:28:04	00:58:07.20	00:58:34.35	+00:22:04 (37.7%)	5:48	10.3 (62.4%)
180	RADOMINSKI Piotr	379	BIEGACZE Z GUNICKIEJ	M-40	49					00:28:47	00:57:51.25	00:58:36.40	+00:22:06 (37.7%)	5:47	10.4 (63.0%)
181	ŁĄCZAK Justyna	233	RADOMYSKIE LWY	K-40	11					00:28:02	00:58:37.95	00:58:47.05	+00:22:17 (37.9%)	5:51	10.2 (61.8%)
182	ŚLUSARCZYK Piotr	491	ŁUTUTUTU	M-30	56					00:28:56	00:58:27.35	00:58:49.80	+00:22:20 (38.0%)	5:50	10.3 (62.4%)
183	STRZYGA Mariusz	455		M-40	50					00:28:29	00:58:14.75	00:58:54.25	+00:22:24 (38.1%)	5:49	10.3 (62.4%)
184	DYDEK Arkadiusz	88	DZIK	M-20	19	Dydek	Tak		SKB DZIK	00:26:46	00:58:54.75	00:58:59.40	+00:22:29 (38.1%)	5:53	10.2 (61.8%)
185	ŁAWKIEL Natalia	245		K-20	12					00:28:14	00:58:49.95	00:58:59.50	+00:22:30 (38.1%)	5:52	10.2 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja V M.P.	5 km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h	
								Grupy Azoty S.A.							Drużyna 1
186	SZEWczyk Tomek	468	DPT RUN TEAM SZCZECIN	M-40	51										
									DPT RUN TEAM SZCZECIN	00:29:03	00:58:57.30	00:59:01.75	+00:22:32 (38.2%)	5:53	10.2 (61.8%)
187	GWIAŻDZIŃSKI Jakub	117		M-30	57					00:27:10	00:58:57.40	00:59:03.25	+00:22:33 (38.2%)	5:53	10.2 (61.8%)
188	NARUSZEWICZ Juliusz	302		M-16	5					00:26:11	00:58:50.75	00:59:03.75	+00:22:34 (38.2%)	5:53	10.2 (61.8%)
189	BOCHEN Izabela	31		K-40	12		Tak			00:28:32	00:58:46.30	00:59:05.15	+00:22:35 (38.2%)	5:52	10.2 (61.8%)
190	PUPEK Małgorzata	377	WILKI Z CIECHOCINKA	K-40	13					00:28:45	00:58:52.75	00:59:07.75	+00:22:38 (38.3%)	5:53	10.2 (61.8%)
191	SZLARb Paweł	470		M-50	16					00:28:15	00:59:12.00	00:59:19.25	+00:22:49 (38.5%)	5:55	10.1 (61.2%)
192	SERKOWSKA Paulina	413	BLIŻNIAKI TEAM	K-20	13		Tak			00:29:06	00:58:50.40	00:59:19.55	+00:22:50 (38.5%)	5:53	10.2 (61.8%)
193	ROSZATYCKI Łukasz	389	WIECZORNE BIEGANIE W SZCZECINIE	M-40	52					00:29:16	00:59:07.25	00:59:30.75	+00:23:01 (38.7%)	5:54	10.1 (61.2%)
									Wieczne Bieganie w Szczecinie						
194	LEŚNIAK Piotr	235	GRUPA AZOTY POLICE	M-20	20			Tak		00:29:00	00:59:14.60	00:59:36.75	+00:23:07 (38.8%)	5:55	10.1 (61.2%)
195	MAŁYSZKO Andrzej	269	BATKA RUNNING TEAM	M-50	17					00:28:13	00:59:35.45	00:59:42.35	+00:23:12 (38.9%)	5:57	10.1 (61.2%)
196	BRENDA Jowita	42		K-30	14	Jarostawscy			Jarostawskie i on	00:28:41	00:59:37.90	00:59:43.70	+00:23:14 (38.9%)	5:57	10.1 (61.2%)
197	OLBRYCHOWSKA Paulina	311	WIECZOREN BIEGANIE W SZCZECINIE	K-30	15					00:28:52	00:59:38.50	00:59:56.20	+00:23:26 (39.1%)	5:57	10.1 (61.2%)
198	KIERNOŻYCKI Mateusz	178		M-40	53					00:29:46	00:59:45.55	00:59:58.10	+00:23:28 (39.1%)	5:58	10 (60.6%)
199	PIECYK Katarzyna	344		K-30	16					00:28:01	00:59:53.75	01:00:02.95	+00:23:33 (39.2%)	5:59	10 (60.6%)
200	JAŚKIEWICZ Katarzyna	150		K-40	14					00:28:30	00:59:42.05	01:00:07.15	+00:23:37 (39.3%)	5:58	10.1 (61.2%)
201	MRÓZ Dariusz	289	MODLITWA BIEGANIA GRYFINO	M-40	54					00:29:04	01:00:02.20	01:00:14.45	+00:23:45 (39.4%)	6:00	10 (60.6%)
202	SYC Rafał	459		M-40	55					00:29:05	01:00:02.55	01:00:14.60	+00:23:45 (39.4%)	6:00	10 (60.6%)
203	SZMYT Mariusz	474		M-40	56					00:29:11	01:00:06.60	01:00:26.40	+00:23:56 (39.6%)	6:00	10 (60.6%)
204	KĘSKA Katarzyna	174	LOVELASY	K-40	15					00:28:47	01:00:23.95	01:00:27.95	+00:23:58 (39.7%)	6:02	9.9 (60.0%)
205	SZOSTAK Daniel	476		M-40	57					00:28:59	01:00:08.50	01:00:28.90	+00:23:59 (39.7%)	6:00	10 (60.6%)
206	FIRLIK Mirosław	96	KB KAMIEŃ POMORSKI	M-50	18					00:29:42	00:59:59.00	01:00:29.00	+00:23:59 (39.7%)	5:59	10 (60.6%)
207	SWOBODA Piotr	458	LOVELASY	M-30	58					00:29:51	01:00:28.65	01:00:30.45	+00:24:01 (39.7%)	6:02	9.9 (60.0%)
208	KRASNODĘBSKI Konrad	207		M-40	58					00:29:50	01:00:28.40	01:00:30.80	+00:24:01 (39.7%)	6:02	9.9 (60.0%)
208	PLĄSEK Sylwester	357	LOVELASY	M-50	19			Tak		00:29:51	01:00:29.25	01:00:30.80	+00:24:01 (39.7%)	6:02	9.9 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja V M.P. Grupy Azoty S.A.	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
210	KLABAN Szymon	180		M-40	59					00:29:42	01:00:18.20	01:00:42.25	+00:24:12 (39.9%)	6:01	10 (60.6%)
211	SZAKIEL Mateusz	461		M-20	21					00:29:31	01:00:36.10	01:00:50.60	+00:24:21 (40.0%)	6:03	9.9 (60.0%)
212	CHMIELEWSKA Agnieszka	58	CHMIELEWSKI TEAM - BBL POLICE	K-40	16				Policzanki	00:29:28	01:00:49.20	01:00:52.10	+00:24:22 (40.0%)	6:04	9.9 (60.0%)
213	OLEŚKIEWICZ Michał	314	DPT RUN TEAM SZCZECIN	M-30	59				DPT RUN TEAM SZCZECIN	00:29:01	01:00:49.70	01:00:55.30	+00:24:25 (40.1%)	6:04	9.9 (60.0%)
214	WIĄCEK Anna	524	KOBIECE BIEGANIE	K-40	17					00:29:57	01:00:21.35	01:00:57.00	+00:24:27 (40.1%)	6:02	9.9 (60.0%)
215	KACZMAREK Arleta	157	KOBIECE BIEGANIE	K-40	18					00:29:57	01:00:20.90	01:00:57.25	+00:24:27 (40.1%)	6:02	9.9 (60.0%)
216	MYŁKA Paweł	294	SPORTOWEZABAWY.PL	M-30	60					00:29:04	01:00:54.00	01:01:13.85	+00:24:44 (40.4%)	6:05	9.9 (60.0%)
217	SIEKIERSKI Piotr	415	DECATHLON SZCZECIN	M-20	22				Decathlon Szczecin	00:29:07	01:00:49.40	01:01:14.45	+00:24:45 (40.4%)	6:04	9.9 (60.0%)
218	CZYŻ Adam	71		M-40	60					00:30:11	01:00:54.15	01:01:18.55	+00:24:49 (40.5%)	6:05	9.9 (60.0%)
219	TROFIMOVA Victoriia	503	RUNNING RED SQUIRREL	K-30	17					00:30:22	01:01:06.25	01:01:18.95	+00:24:49 (40.5%)	6:06	9.8 (59.4%)
220	CZYŻ Andrzej	70		M-30	61					00:30:55	01:00:59.30	01:01:27.55	+00:24:58 (40.6%)	6:05	9.8 (59.4%)
221	BILIŃSKI Zbigniew	27		M-50	20		Tak		12BZ	00:28:33	01:01:12.00	01:01:30.35	+00:25:00 (40.7%)	6:07	9.8 (59.4%)
222	BUDNA Anna	48		K-40	19					00:29:06	01:01:20.90	01:01:31.25	+00:25:01 (40.7%)	6:08	9.8 (59.4%)
223	BUDNY Wojciech	49		M-40	61					00:29:05	01:01:20.25	01:01:31.30	+00:25:01 (40.7%)	6:08	9.8 (59.4%)
224	BONDIA Aga	36		K-40	20					00:29:44	01:01:17.95	01:01:35.10	+00:25:05 (40.7%)	6:07	9.8 (59.4%)
225	PITURA Małgorzata	353		K-30	18					00:29:44	01:01:18.45	01:01:35.55	+00:25:06 (40.8%)	6:07	9.8 (59.4%)
226	STAWOWSKI Dominik	590		M-20	23					00:35:51	01:01:07.10	01:01:40.95	+00:25:11 (40.8%)	6:06	9.8 (59.4%)
227	TOMASZEWSKI Łukasz	500		M-30	62					00:29:31	01:01:28.25	01:01:41.05	+00:25:11 (40.8%)	6:08	9.8 (59.4%)
228	KELM Małgorzata	170		K-40	21					00:29:20	01:01:26.25	01:01:46.90	+00:25:17 (40.9%)	6:08	9.8 (59.4%)
229	KUKOWSKA Małgorzata	226	SWINOUJSCIE	K-30	19				Świnoujście 1	00:29:39	01:01:39.25	01:01:50.65	+00:25:21 (41.0%)	6:09	9.7 (58.8%)
230	KĘPKA Wojciech	9	WIECZORNE BIEGANIE W SZCZECINIE	M-40	62				Wieczorne Bieganie w Szczecinie	00:29:43	01:01:37.45	01:01:58.80	+00:25:29 (41.1%)	6:09	9.7 (58.8%)
231	SZMID Magdalena	472	WIECZORNE BIEGANIE W SZCZECINIE	K-30	20				Wieczorne Bieganie w Szczecinie	00:29:44	01:01:37.30	01:01:58.85	+00:25:29 (41.1%)	6:09	9.7 (58.8%)
232	BOLEŃ Michał	35		M-20	24					00:29:51	01:01:37.90	01:02:00.55	+00:25:31 (41.2%)	6:09	9.7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja V M.P. Grupy		5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
								Azoty S.A.	Drużyna 1						
233	BOLEŃ Zuzanna	34		K-20	14					00:29:50	01:01:37.30	01:02:00.70	+00:25:31 (41.2%)	6:09	9.7 (58.8%)
234	MACIASZEK Linda	254		K-20	15					00:29:51	01:01:43.80	01:02:06.00	+00:25:36 (41.2%)	6:10	9.7 (58.8%)
235	KOZŁOWSKI Adam	204	WIECZORNE BIEGANIE W SZCZECINIE	M-40	63					00:30:26	01:02:00.70	01:02:26.00	+00:25:56 (41.6%)	6:12	9.7 (58.8%)
236	STUPNICKI Jakub	576		M-30	63					00:31:41	01:02:26.75	01:02:53.95	+00:26:24 (42.0%)	6:14	9.6 (58.2%)
237	POGODA Rafał	361	TIP	M-20	25			Tak	TIP	00:32:08	01:02:24.70	01:02:55.30	+00:26:25 (42.0%)	6:14	9.6 (58.2%)
238	KRUPA Roksana	217		K-20	16					00:29:45	01:03:00.30	01:03:09.40	+00:26:39 (42.2%)	6:18	9.5 (57.6%)
239	NITSCHKE Iwona	307	MOCZYLSKIE DIABLICE	K-40	22					00:30:06	01:02:26.30	01:03:16.90	+00:26:47 (42.3%)	6:14	9.6 (58.2%)
240	ZEMANKIEWICZ Łukasz	568	BIEG KORCZAKA	M-40	64					00:29:23	01:03:05.95	01:03:23.05	+00:26:53 (42.4%)	6:18	9.5 (57.6%)
241	MAGDZIK Marcin	259		M-30	64					00:30:20	01:03:14.65	01:03:23.25	+00:26:53 (42.4%)	6:19	9.5 (57.6%)
242	POLICZKIEWICZ Aneta	365		K-40	23					00:30:32	01:03:09.95	01:03:26.10	+00:26:56 (42.5%)	6:18	9.5 (57.6%)
243	KĘSICKA-BLOCH Aneta	173		K-40	24					00:30:41	01:03:04.60	01:03:27.70	+00:26:58 (42.5%)	6:18	9.5 (57.6%)
244	ŁEBKOWSKI Karol	248	WILKI Z CIECHOCINKA	M-40	65					00:29:30	01:03:14.25	01:03:29.35	+00:26:59 (42.5%)	6:19	9.5 (57.6%)
245	MAJ Anna	260	WIECZORNE BIEGANIE W SZCZECINIE	K-40	25					00:31:43	01:02:49.20	01:03:31.55	+00:27:02 (42.6%)	6:16	9.6 (58.2%)
246	WILK Ania	532	DECATHLON SZCZECIN	K-20	17				Decathlon Szczecin	00:30:23	01:03:24.05	01:03:36.20	+00:27:06 (42.6%)	6:20	9.5 (57.6%)
247	KIERNOŻYCKA Kasia	177	BOSMAN	K-40	26					00:29:46	01:03:26.60	01:03:39.10	+00:27:09 (42.7%)	6:20	9.5 (57.6%)
248	MŁYNARCZYK Krzysztof	286		M-40	66					00:31:13	01:03:21.80	01:03:41.30	+00:27:11 (42.7%)	6:20	9.5 (57.6%)
249	SZYMKIEWICZ Ewa	489		K-40	27					00:31:13	01:03:22.30	01:03:41.55	+00:27:12 (42.7%)	6:20	9.5 (57.6%)
250	BRZOZA Maciek	46	TOST I PIWO (TIP)	M-40	67			Tak	TIP	00:31:35	01:03:28.25	01:03:45.05	+00:27:15 (42.8%)	6:20	9.5 (57.6%)
251	KOMOROWSKI Michał	189		M-30	65					00:29:12	01:00:40.30	01:03:46.35	+00:27:16 (42.8%)	6:04	9.9 (60.0%)
252	WONDOŁOWSKI Stanisław	547	WIECZORNE BIEGANIE SZCZECIN	M-60	3					00:31:16	01:03:29.85	01:03:50.60	+00:27:21 (42.8%)	6:20	9.5 (57.6%)
253	MAJEWSKI Adam	182		M-40	68			Tak		00:29:07	01:03:38.65	01:03:51.15	+00:27:21 (42.9%)	6:21	9.4 (57.0%)
254	RUDZEWICZ Mariusz	395		M-30	66		Tak			00:29:22	01:03:45.70	01:03:52.70	+00:27:23 (42.9%)	6:22	9.4 (57.0%)
255	TOMCZYK Ferdynand	501	MODLITWA BIEGANIA GRYFINO	M-50	21					00:33:08	01:03:27.35	01:03:54.65	+00:27:25 (42.9%)	6:20	9.5 (57.6%)
256	SZUSTER Jacek	479	MODLITWA BIEGANIA GRYFINO	M-50	22					00:33:08	01:03:28.05	01:03:54.90	+00:27:25 (42.9%)	6:20	9.5 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja	5 km	Czas netto	Czas brutto	Tempo	Tempo		
								V M.P. Grupy Azoty S.A.						Drużyna 1	5km
257	WAWRZY尼亚K Monika	521	WF TEAM KOSTRZYN NAD ODRĄ	K-30	21				WF TEAM Kostrzyn nad Odrą	00:29:47	01:03:43.45	01:03:55.95	+00:27:26 (42.9%)	6:22	9.4 (57.0%)
257	KRAWCZYK Marta	208		K-30	21					00:29:47	01:03:43.30	01:03:55.95	+00:27:26 (42.9%)	6:22	9.4 (57.0%)
259	KOLSKA Lena	186	RAZ SZCZECIN	K-30	23				RAZ Szczecin	00:29:42	01:03:49.15	01:03:59.20	+00:27:29 (43.0%)	6:22	9.4 (57.0%)
260	SLADKOVA Alona	425	UKL ÓSEMKA	K-30	24					00:30:27	01:04:07.50	01:04:13.70	+00:27:44 (43.2%)	6:24	9.4 (57.0%)
261	GORGOL Łukasz	105	BIEGAM BO BIEGAM	M-30	67					00:31:03	01:03:39.60	01:04:13.90	+00:27:44 (43.2%)	6:21	9.4 (57.0%)
262	MIKOŁAJCZAK Krystian	279		M-20	26					00:31:03	01:03:39.80	01:04:14.25	+00:27:44 (43.2%)	6:21	9.4 (57.0%)
263	ŁUKASIEWICZ Agnieszka	252	KB HERMES GRYFINO	K-40	28				kB Hermesa Gryfino	00:31:58	01:04:21.65	01:04:26.45	+00:27:57 (43.4%)	6:26	9.3 (56.4%)
264	TOKARZ Joanna	498	WIECZORNE NIEGANIE W SZCZECINIE	K-40	29				Wieczorne Bieganie w Szczecinie	00:32:55	01:04:02.20	01:04:27.85	+00:27:58 (43.4%)	6:24	9.4 (57.0%)
265	CHARLEJ Ireneusz	57	WIECZORNE BIEGANIE W SZCZECINIE	M-40	69		Tak			00:32:54	01:04:02.10	01:04:27.95	+00:27:58 (43.4%)	6:24	9.4 (57.0%)
266	RUDIUK-PLISZKA Katarzyna	393		K-30	25					00:30:16	01:04:13.90	01:04:28.60	+00:27:59 (43.4%)	6:25	9.3 (56.4%)
267	WÓJCIAK Marcin	549	DIETETYKA ROŚNIJWWIEDZĘ	M-20	27					00:30:47	01:02:42.05	01:04:30.05	+00:28:00 (43.4%)	6:16	9.6 (58.2%)
268	MAŁACHOWSKA Katarzyna	267		K-20	18					00:30:47	01:02:42.25	01:04:30.25	+00:28:00 (43.4%)	6:16	9.6 (58.2%)
269	MACIBORSKI Mirosław	255	WIECZORNE BIEGANIE W SZCZECINIE	M-50	23					00:31:24	01:04:20.95	01:04:44.80	+00:28:15 (43.6%)	6:26	9.3 (56.4%)
270	GRIMM-SPERLING Anja	110		K-40	30					00:31:23	01:04:24.35	01:04:45.75	+00:28:16 (43.7%)	6:26	9.3 (56.4%)
271	DENEKO Maciej	74		M-40	70					00:31:32	01:04:28.30	01:04:49.50	+00:28:20 (43.7%)	6:26	9.3 (56.4%)
272	KUBASIK Waldemar	221	BOSMAN	M-60	4					00:30:05	01:04:45.60	01:04:57.50	+00:28:28 (43.8%)	6:28	9.3 (56.4%)
273	PILAWSKI Piotr	348	TIP POLICE	M-20	28				TIP	00:31:21	01:04:29.80	01:05:00.55	+00:28:31 (43.9%)	6:26	9.3 (56.4%)
274	SOBCZAK Alina	575	HULK TEAM	K-30	26				AktywnySplot	00:32:17	01:04:46.75	01:05:06.55	+00:28:37 (44.0%)	6:28	9.3 (56.4%)
275	SIKORSKA Anna	417		K-40	31					00:32:18	01:04:42.30	01:05:07.30	+00:28:37 (44.0%)	6:28	9.3 (56.4%)
276	HAJDUKIEWICZ Kasia	118	AKTYWNYSLOT	K-30	27				AktywnySplot	00:32:17	01:04:47.80	01:05:07.90	+00:28:38 (44.0%)	6:28	9.3 (56.4%)
277	PIWONI Marcin	356	PYRZYCE BIEGAJĄ	M-40	71				Pyrzyce biegają	00:33:07	01:04:50.60	01:05:20.00	+00:28:50 (44.1%)	6:29	9.3 (56.4%)
277	PIWONI Marta	355	PYRZYCE BIEGAJĄ	K-30	28				Pyrzyce biegają	00:33:07	01:04:51.60	01:05:20.00	+00:28:50 (44.1%)	6:29	9.3 (56.4%)
279	DEPKO Daniel	75	PYRZYCE BIEGAJĄ	M-40	72				Pyrzyce biegają	00:33:07	01:04:51.80	01:05:20.15	+00:28:50 (44.1%)	6:29	9.3 (56.4%)
280	AUGUSTY尼亚K Grzegorz	15	UKL " FENIKS " ŚWIDWIN	M-40	73					00:33:57	01:04:45.70	01:05:24.85	+00:28:55 (44.2%)	6:28	9.3 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
								V M.P. Grupy Azoty S.A.							
281	WOJCIECHOWSKA Wanda	538	POLSKA	K-50	3					00:33:58	01:04:46.15	01:05:24.90	+00:28:55 (44.2%)	6:28	9.3 (56.4%)
282	WILIŃSKI Marek	531	TRENUJE BO DOBRZE SIĘ Z TYM CZUJE	M-60	5					00:33:58	01:04:46.90	01:05:25.15	+00:28:55 (44.2%)	6:28	9.3 (56.4%)
283	KUPIŃSKI Mieczysław	229	MODLITWA BIEGANIA GRYFINO	M-40	74					00:33:08	01:05:07.30	01:05:33.75	+00:29:04 (44.3%)	6:30	9.2 (55.8%)
284	RUMOWSKI Tomasz	397	WIECZORNE BIEGANIE SZCZECIN	M-40	75			Tak		00:31:57	01:05:16.55	01:05:37.50	+00:29:08 (44.4%)	6:31	9.2 (55.8%)
285	DYDEK Dorota	90	SKB DZIK	K-50	4	Dydek			SKB DZIK	00:30:25	01:05:29.10	01:05:41.35	+00:29:11 (44.4%)	6:32	9.2 (55.8%)
286	BEJSTER Przemysław	20	WIECZORNE BIEGANIE W SZCZECINIE	M-60	6					00:31:33	01:05:12.00	01:05:45.00	+00:29:15 (44.5%)	6:31	9.2 (55.8%)
287	CHMIELEWSKA Katarzyna	577		K-60	2				Policzanki	00:32:06	01:05:39.65	01:05:51.05	+00:29:21 (44.6%)	6:33	9.1 (55.2%)
288	REINHOLZ Elżbieta	382		K-40	32					00:31:04	01:05:42.90	01:05:59.70	+00:29:30 (44.7%)	6:34	9.1 (55.2%)
289	KALISZ Irena	160		K-40	33					00:32:01	01:05:37.90	01:06:00.85	+00:29:31 (44.7%)	6:33	9.1 (55.2%)
290	OZIEWICZ Wioleta	326		K-40	34					00:31:21	01:05:48.10	01:06:03.70	+00:29:34 (44.8%)	6:34	9.1 (55.2%)
291	STOCKA Anna	600		K-40	35					00:31:21	01:05:48.05	01:06:03.95	+00:29:34 (44.8%)	6:34	9.1 (55.2%)
292	TRELIŃSKA Edyta	502	WIECZORNE BIEGAIE	K-40	36					00:31:53	01:05:48.20	01:06:20.65	+00:29:51 (45.0%)	6:34	9.1 (55.2%)
293	STASZYK Magdalena	444	FLEKS	K-20	19					00:34:02	01:05:46.80	01:06:24.05	+00:29:54 (45.0%)	6:34	9.1 (55.2%)
294	DĘBICKI Jakub	76		M-20	29					00:34:03	01:05:47.50	01:06:24.35	+00:29:54 (45.0%)	6:34	9.1 (55.2%)
295	KOCHAŃSKA Magdalena	183	PILCHOWO RUNNER TEAM	K-40	37					00:33:27	01:06:01.35	01:06:29.05	+00:29:59 (45.1%)	6:36	9.1 (55.2%)
296	KORNIAGO Katarzyna	192		K-40	38					00:33:27	01:06:01.50	01:06:29.30	+00:29:59 (45.1%)	6:36	9.1 (55.2%)
297	RUDNICKA Anita	394		K-40	39					00:33:27	01:06:01.85	01:06:29.35	+00:29:59 (45.1%)	6:36	9.1 (55.2%)
298	HAJDUKIEWICZ Jarosław	119		M-50	24					00:30:19	01:06:25.65	01:06:36.45	+00:30:07 (45.2%)	6:38	9 (54.5%)
299	CHOYNACKA-SAŃKA Alicja	60		K-40	40					00:32:08	01:06:23.25	01:06:38.35	+00:30:08 (45.2%)	6:38	9 (54.5%)
300	PAWŁOWSKI Marcin	338		M-40	76					00:32:12	01:06:23.25	01:06:39.50	+00:30:10 (45.3%)	6:38	9 (54.5%)
301	REKOWSKA Danuta	384		K-60	3					00:31:55	01:06:35.00	01:06:39.80	+00:30:10 (45.3%)	6:39	9 (54.5%)
302	PIASECKA Angelika	341		K-20	20					00:31:33	01:06:32.20	01:06:46.30	+00:30:16 (45.3%)	6:39	9 (54.5%)
303	PODWYSOCKI Adrian	360		M-30	68					00:31:32	01:06:31.65	01:06:46.40	+00:30:16 (45.4%)	6:39	9 (54.5%)
304	DUMA Malgorzata	86	KOBIECE BIEGANIE	K-40	41					00:31:54	01:06:20.50	01:06:52.95	+00:30:23 (45.4%)	6:38	9 (54.5%)
305	RUSINEK Radosław	399		M-40	77					00:32:34	01:06:51.00	01:06:59.65	+00:30:30 (45.5%)	6:41	9 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja V M.P.		5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
								Grupy	Azoty S.A.						
306	JABŁONOWSKA Aleksandra	132		K-30	29					00:33:09	01:06:43.10	01:07:08.75	+00:30:39 (45.7%)	6:40	9 (54.5%)
307	NADOLNA Monika	295	PARKRUN SZCZECIN	K-40	42					00:32:58	01:06:58.95	01:07:19.25	+00:30:49 (45.8%)	6:41	9 (54.5%)
308	GŁAZEK Julia	103	WIECZORNE BIEGANIE W SZCZECINIE	K-20	21					00:29:52	01:07:19.05	01:07:32.70	+00:31:03 (46.0%)	6:43	8.9 (53.9%)
309	ULDYNOWICZ Kasia	511		K-30	30					00:33:37	01:07:25.80	01:07:49.35	+00:31:19 (46.2%)	6:44	8.9 (53.9%)
309	BUJNOWSKA Anita	50		K-30	30					00:33:38	01:07:26.05	01:07:49.35	+00:31:19 (46.2%)	6:44	8.9 (53.9%)
311	DOBREK Wojciech	80		M-50	25					00:32:40	01:07:28.95	01:08:06.05	+00:31:36 (46.4%)	6:44	8.9 (53.9%)
312	CIEMNA Joanna	64		K-40	43					00:33:37	01:08:03.50	01:08:28.65	+00:31:59 (46.7%)	6:48	8.8 (53.3%)
313	GŁOGOWSKI Jan	104		M-50	26					00:31:51	01:08:20.50	01:08:33.40	+00:32:03 (46.8%)	6:50	8.8 (53.3%)
314	KAROLAK Karolina	165		K-30	32					00:33:48	01:08:19.00	01:08:34.15	+00:32:04 (46.8%)	6:49	8.8 (53.3%)
315	KAROLAK Łukasz	166		M-40	78					00:33:49	01:08:20.15	01:08:34.50	+00:32:05 (46.8%)	6:50	8.8 (53.3%)
316	BŁĄŻEJEWSKA-JANNASZ Kamila	30		K-30	33					00:33:09	01:08:10.35	01:08:34.60	+00:32:05 (46.8%)	6:49	8.8 (53.3%)
316	SZYMAŃSKI Marek	481	KB KAMIEN POMORSKI	M-30	69					00:32:29	01:08:04.25	01:08:34.60	+00:32:05 (46.8%)	6:48	8.8 (53.3%)
318	DANICKA Lidia	72		K-40	44					00:33:01	01:08:22.95	01:08:39.20	+00:32:09 (46.8%)	6:50	8.8 (53.3%)
319	TIETZ Monika	496		K-40	45					00:33:02	01:08:23.90	01:08:39.40	+00:32:09 (46.9%)	6:50	8.8 (53.3%)
320	ORSZULSKA Magdalena	319	WIECZORNE BIEGANIE W SZCZECINIE	K-40	46					00:34:56	01:08:17.55	01:08:41.75	+00:32:12 (46.9%)	6:49	8.8 (53.3%)
321	ROCZON Robert	385		M-40	79					00:32:41	01:08:25.60	01:08:43.20	+00:32:13 (46.9%)	6:50	8.8 (53.3%)
322	SOŁTYSZEWSKA Izabela	434		K-50	5					00:32:42	01:08:26.60	01:08:43.25	+00:32:13 (46.9%)	6:50	8.8 (53.3%)
323	ŁOKUCJEWSKA Aleksandra	249	POL-BUD POLICE	K-30	34					00:33:19	01:08:26.25	01:08:45.35	+00:32:15 (46.9%)	6:50	8.8 (53.3%)
324	WROŃSKA DRZEWIECKA Justyna	552		K-30	35					00:33:47	01:08:31.95	01:08:47.95	+00:32:18 (47.0%)	6:51	8.8 (53.3%)
325	KRUCZKOWSKA Agnieszka	214		K-40	47					00:33:03	01:08:32.90	01:08:49.70	+00:32:20 (47.0%)	6:51	8.8 (53.3%)
326	WRZOSEK Kamil	554		M-20	30					00:33:03	01:08:32.15	01:08:49.85	+00:32:20 (47.0%)	6:51	8.8 (53.3%)
327	KRUCZKOWSKA Malwina	215		K-20	22					00:33:03	01:08:32.45	01:08:50.00	+00:32:20 (47.0%)	6:51	8.8 (53.3%)
328	JASIŃSKI Robert	146	FLEKS	M-40	80		Tak	Tak		00:34:07	01:08:13.65	01:08:50.95	+00:32:21 (47.0%)	6:49	8.8 (53.3%)
329	SZYMBRA Przemysław	482		M-30	70					00:34:47	01:08:24.55	01:08:51.15	+00:32:21 (47.0%)	6:50	8.8 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja V M.P.		5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
								Grupy Azoty S.A.	Drużyna 1						
330	KUCAJ Mateusz	602		M-30	71					00:34:39	01:08:11.15	01:08:52.20	+00:32:22 (47.0%)	6:49	8.8 (53.3%)
331	NAMEJKO Elżbieta	300		K-30	36					00:33:56	01:08:22.45	01:08:53.80	+00:32:24 (47.0%)	6:50	8.8 (53.3%)
332	SROKA Robert	440		M-40	81		Tak			00:33:56	01:08:23.00	01:08:53.85	+00:32:24 (47.0%)	6:50	8.8 (53.3%)
333	SOKOŁOWSKA Magdalena	432		K-30	37				Parkrun szczecin	00:33:44	01:08:41.95	01:09:02.55	+00:32:33 (47.1%)	6:52	8.7 (52.7%)
334	MASŁOWSKA Barbara	274		K-40	48					00:33:40	01:08:45.20	01:09:04.20	+00:32:34 (47.2%)	6:52	8.7 (52.7%)
335	MASŁOWSKI Artur	275		M-40	82					00:33:39	01:08:45.30	01:09:04.45	+00:32:35 (47.2%)	6:52	8.7 (52.7%)
336	CHRAPEK Gabriel	61		M-50	27					00:32:32	01:09:01.90	01:09:08.30	+00:32:38 (47.2%)	6:54	8.7 (52.7%)
337	KRAWCZYK Marlena	209		K-40	49					00:33:57	01:08:30.30	01:09:10.20	+00:32:40 (47.2%)	6:51	8.8 (53.3%)
338	JASIUCHNA Aleksandra	147	BIEGACZE ŚWINOUJŚCIE	K-30	38					00:33:07	01:08:57.25	01:09:11.05	+00:32:41 (47.3%)	6:53	8.7 (52.7%)
339	MIKULSKA-GAWLE Karina	281	UNITY LINE	K-40	50					00:33:52	01:08:50.60	01:09:11.20	+00:32:41 (47.3%)	6:53	8.7 (52.7%)
340	WENTA Julia	522		K-30	39					00:33:07	01:08:57.25	01:09:11.30	+00:32:41 (47.3%)	6:53	8.7 (52.7%)
341	KRUSZEWICZ Dalida	218	AMPIO TEAM	K-40	51				Ampio Team	00:34:28	01:09:16.60	01:09:34.65	+00:33:05 (47.6%)	6:55	8.7 (52.7%)
342	KRUSZEWICZ Aleksander	219	AMPIO TEAM	M-40	83				Ampio Team	00:34:28	01:09:16.25	01:09:34.90	+00:33:05 (47.6%)	6:55	8.7 (52.7%)
343	GOCAŁ Anita	578		K-30	40				Policzanki	00:34:25	01:09:11.85	01:09:42.15	+00:33:12 (47.6%)	6:55	8.7 (52.7%)
344	MAŁACHOWICZ Marika	266		K-20	23					00:34:26	01:09:12.40	01:09:42.25	+00:33:12 (47.6%)	6:55	8.7 (52.7%)
345	MICHALCZYK Patrycja	278		K-30	41					00:33:13	01:09:23.60	01:09:47.45	+00:33:18 (47.7%)	6:56	8.6 (52.1%)
346	JAKSINA Anna	135		K-40	52					00:34:10	01:09:21.50	01:09:53.30	+00:33:23 (47.8%)	6:56	8.7 (52.7%)
347	JABŁOŃSKA Agnieszka	133		K-40	53					00:32:29	01:09:47.20	01:10:00.80	+00:33:31 (47.9%)	6:58	8.6 (52.1%)
348	CZEKAŁSKI Tomasz	68	AGB NYGUS	M-40	84					00:32:30	01:09:47.60	01:10:00.90	+00:33:31 (47.9%)	6:58	8.6 (52.1%)
349	PIEROŻYŃSKA Natalia	346	PYRZYCE BIEGAJĄ	K-30	42				Pyrzyce biegają	00:33:32	01:09:38.40	01:10:07.80	+00:33:38 (48.0%)	6:57	8.6 (52.1%)
350	KOMAR Anna	188	PYRZYCE BIEGAJĄ	K-40	54				Pyrzyce biegają	00:33:33	01:09:38.75	01:10:07.85	+00:33:38 (48.0%)	6:57	8.6 (52.1%)
351	MAKSIMOWICZ Paweł	264		M-30	72		Tak			00:33:55	01:10:13.75	01:10:28.65	+00:33:59 (48.2%)	7:01	8.5 (51.5%)
352	WOŻNA Katarzyna	548	WIECZORNE BIEGANIE W SZCZECINIE	K-30	43					00:33:12	01:10:31.25	01:10:41.25	+00:34:11 (48.4%)	7:03	8.5 (51.5%)
353	ŻDŻAŃSKA Marzena	572		K-30	44					00:34:49	01:10:29.00	01:11:01.10	+00:34:31 (48.6%)	7:02	8.5 (51.5%)
353	KASIŃSKA Zofia	168		K-20	24					00:34:49	01:10:29.00	01:11:01.10	+00:34:31 (48.6%)	7:02	8.5 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja	5 km	Czas netto	Czas brutto	Tempo	Tempo	
								V M.P. Grupy Azoty S.A.						Drużyna 1
355	SZMELING Grzegorz	471		M-30	73				00:34:28	01:10:37.40	01:11:03.55	+00:34:34 (48.6%)	7:03	8.5 (51.5%)
356	PASZKIEWICZ Bartosz	331		M-30	74				00:33:45	01:11:18.85	01:11:41.65	+00:35:12 (49.1%)	7:07	8.4 (50.9%)
357	OSMAN Krzysztof	324	KS ŻYRAFY	M-20	31				00:33:45	01:11:18.90	01:11:41.80	+00:35:12 (49.1%)	7:07	8.4 (50.9%)
358	POTERAŁSKI Radosław	601	PARKRUN ŚWINOUJŚCIE	M-40	85				00:34:53	01:11:33.80	01:11:57.10	+00:35:27 (49.3%)	7:09	8.4 (50.9%)
359	DZIUBA Bogdan	92	BIEGACZE ŚWINOUJŚCIE	M-60	7				00:35:05	01:11:46.35	01:11:57.40	+00:35:27 (49.3%)	7:10	8.4 (50.9%)
360	WENTA Patryk	523		M-30	75		Tak		00:33:07	01:11:48.85	01:12:03.50	+00:35:34 (49.4%)	7:10	8.4 (50.9%)
361	KWIATKOWSKA Aleksandra	582	WIECZORNE BIEGANIE W SZCZECINIE	K-30	45				00:35:14	01:11:22.50	01:12:07.85	+00:35:38 (49.4%)	7:08	8.4 (50.9%)
362	LIPERTOWICZ Sebastian	583	WIECZORNE BIEGANIE	M-30	76				00:35:14	01:11:22.70	01:12:08.10	+00:35:38 (49.4%)	7:08	8.4 (50.9%)
363	LIPKIEWICZ Martyna	242		K-30	46				00:34:10	01:11:52.55	01:12:11.80	+00:35:42 (49.5%)	7:11	8.3 (50.3%)
364	BUKSIK Sławomir	52		M-40	86				00:34:09	01:11:51.60	01:12:11.90	+00:35:42 (49.5%)	7:11	8.4 (50.9%)
365	ROMAN Ewelina	388	MONIAGYM	K-30	47		Tak		00:35:53	01:11:36.45	01:12:15.60	+00:35:46 (49.5%)	7:09	8.4 (50.9%)
366	UŁANOWICZ Katarzyna	513		K-40	55				00:37:01	01:11:33.30	01:12:15.75	+00:35:46 (49.5%)	7:09	8.4 (50.9%)
367	WIDUCH Anna	525	MONIA GYM	K-30	48				00:35:53	01:11:37.45	01:12:16.05	+00:35:46 (49.5%)	7:09	8.4 (50.9%)
368	STACHOWSKI Andrzej	441	MONIA GYM	M-50	28				00:35:53	01:11:37.90	01:12:16.45	+00:35:47 (49.5%)	7:09	8.4 (50.9%)
369	BRANICA Hanna	41		K-40	56				00:35:13	01:11:50.85	01:12:31.50	+00:36:02 (49.7%)	7:11	8.4 (50.9%)
370	PIOTROWSKA Dorota	351	AMPIO TEAM	K-40	57				00:34:28	01:12:21.45	01:12:39.45	+00:36:10 (49.8%)	7:14	8.3 (50.3%)
371	PIOTROWSKI Krzysztof	352	AMPIO TEAM	M-40	87				00:34:29	01:12:21.10	01:12:39.55	+00:36:10 (49.8%)	7:14	8.3 (50.3%)
372	JAWORSKI Oktawian	151		M-20	32				00:33:44	01:12:33.95	01:12:49.30	+00:36:19 (49.9%)	7:15	8.3 (50.3%)
372	OLKOWICZ Marta	315	WIECZORNE BIEGANIE W SZCZECINIE	K-20	25				00:33:44	01:12:33.75	01:12:49.30	+00:36:19 (49.9%)	7:15	8.3 (50.3%)
374	KAŁUZIŃSKA Aleksandra	161		K-40	58				00:35:32	01:12:32.05	01:12:52.15	+00:36:22 (49.9%)	7:15	8.3 (50.3%)
375	SOWISZ Danuta	438		K-50	6				00:34:12	01:12:48.45	01:13:15.50	+00:36:46 (50.2%)	7:16	8.2 (49.7%)
376	JARCZEWSKI Damian	142	POL-BUD POLICE	M-30	77				00:33:50	01:12:58.95	01:13:18.45	+00:36:49 (50.2%)	7:17	8.2 (49.7%)
377	JAKUBIK Anna	136	WIECZORNE BIEGANIE	K-30	49				00:33:26	01:13:14.00	01:13:39.85	+00:37:10 (50.5%)	7:19	8.2 (49.7%)
378	KRUGŁAK Anna	216	WIECZORNE BIEGANIE	K-40	59				00:33:27	01:13:16.50	01:13:41.30	+00:37:11 (50.5%)	7:19	8.2 (49.7%)
379	WIELIŃSKI Krzysztof	526	KB HERMES GRYFINO	M-60	8				00:35:41	01:13:43.20	01:14:18.50	+00:37:49 (50.9%)	7:22	8.1 (49.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja V M.P.		5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
								Grupy Azoty S.A.	Drużyna 1						
380	ROLLA Dorian	386		M-40	88					00:35:32	01:14:19.85	01:14:37.75	+00:38:08 (51.1%)	7:25	8.1 (49.1%)
381	ROLLA Magdalena	387		K-40	60					00:35:31	01:14:20.20	01:14:37.95	+00:38:08 (51.1%)	7:26	8.1 (49.1%)
382	IZNEROWICZ Monika	131	DPT RUN TEAM SZCZECIN	K-30	50					00:41:13	01:14:00.95	01:14:47.15	+00:38:17 (51.2%)	7:24	8.1 (49.1%)
383	WIEŻEL Hanna	528		K-30	51					00:35:34	01:14:43.25	01:14:59.50	+00:38:30 (51.3%)	7:28	8 (48.5%)
384	ZIELIŃSKA Beata	569		K-40	61					00:35:34	01:14:43.15	01:14:59.70	+00:38:30 (51.3%)	7:28	8 (48.5%)
385	ZUBA Lucyna	570		K-50	7					00:35:04	01:14:48.30	01:15:03.25	+00:38:33 (51.4%)	7:28	8 (48.5%)
386	DĘBIAWA Iwona	66		K-40	62					00:35:16	01:14:26.25	01:15:03.35	+00:38:33 (51.4%)	7:26	8.1 (49.1%)
387	RUTKOWSKA Justyna	402	SKB DZIK	K-40	63				SKB DZIK	00:35:11	01:15:00.50	01:15:03.95	+00:38:34 (51.4%)	7:30	8 (48.5%)
388	RUTKOWSKI Michał	404	SKB DZIK	M-40	89		Tak		SKB DZIK	00:35:11	01:15:00.60	01:15:04.05	+00:38:34 (51.4%)	7:30	8 (48.5%)
389	PRAWDA Iwona	368	WIECZORNE BIEGANIE	K-40	64					00:35:28	01:15:03.45	01:15:27.70	+00:38:58 (51.6%)	7:30	8 (48.5%)
390	KOLASA Agnieszka	185		K-40	65					00:36:16	01:15:26.65	01:15:43.45	+00:39:14 (51.8%)	7:32	8 (48.5%)
391	SURMA Anna	457		K-30	52					00:36:58	01:15:24.60	01:16:05.25	+00:39:35 (52.0%)	7:32	8 (48.5%)
392	KAROLAK Kamila	167		K-40	66					00:35:53	01:15:58.20	01:16:12.45	+00:39:43 (52.1%)	7:35	7.9 (47.9%)
393	JAKUBOWSKI Mateusz	137		M-30	78					00:35:36	01:16:00.90	01:16:27.25	+00:39:57 (52.3%)	7:36	7.9 (47.9%)
394	SZCZEPANIAK Izabela	463		K-30	53					00:35:37	01:16:01.15	01:16:27.40	+00:39:57 (52.3%)	7:36	7.9 (47.9%)
395	SZYDLOWSKI Piotr	589		M-30	79					00:35:51	01:16:18.45	01:16:52.30	+00:40:22 (52.5%)	7:37	7.9 (47.9%)
396	LICHT Michał	240	EMEL ATHLETIC TEAM	M-30	80			Tak	EMEL ATHLETIC TEAM	00:36:57	01:16:20.70	01:16:53.95	+00:40:24 (52.5%)	7:38	7.9 (47.9%)
397	CHROBOCINSKI Daniel	62	ŻÓŁWIE W GALOPIE	M-20	33					00:37:38	01:16:50.15	01:17:13.90	+00:40:44 (52.8%)	7:41	7.8 (47.3%)
398	ZAJĄC Piotr	557		M-40	90					00:36:20	01:17:38.15	01:18:06.80	+00:41:37 (53.3%)	7:45	7.7 (46.7%)
399	BIEŁOWIEC Adrianna	25	PUSZCZYK BUKOWY	K-20	26					00:37:00	01:17:51.30	01:18:19.00	+00:41:49 (53.4%)	7:47	7.7 (46.7%)
400	SZYMAŃSKA Ania	480		K-50	8					00:38:05	01:20:14.15	01:20:23.55	+00:43:54 (54.6%)	8:01	7.5 (45.5%)
401	HERIAN Małgorzata	126		K-30	54					00:37:22	01:20:26.20	01:21:07.70	+00:44:38 (55.0%)	8:02	7.5 (45.5%)
402	ŁUCZYŃSKA Katarzyna	251		K-30	55					00:37:22	01:20:26.65	01:21:07.85	+00:44:38 (55.0%)	8:02	7.5 (45.5%)
403	CHROBOCIŃSKA Elżbieta	63		K-50	9					00:37:50	01:23:13.00	01:23:35.00	+00:47:05 (56.3%)	8:19	7.2 (43.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja	5 km	Czas netto	Czas brutto	Tempo	Tempo	
								V M.P. Grupy Azoty S.A.						Drużyna 1
404	STUPNICKA Monika	456		K-30	56				00:39:48	01:23:18.70	01:23:45.75	+00:47:16 (56.4%)	8:19	7.2 (43.6%)
405	SZYMCZAK Kamila	485		K-30	57			RAZ Szczecin	00:39:50	01:23:18.90	01:23:45.85	+00:47:16 (56.4%)	8:19	7.2 (43.6%)
406	JARNUCZAK Monika	143		K-30	58				00:38:42	01:24:57.05	01:25:16.85	+00:48:47 (57.2%)	8:29	7.1 (43.0%)
407	WIELOCH Anna	527		K-40	67				00:38:42	01:24:57.60	01:25:17.25	+00:48:47 (57.2%)	8:29	7.1 (43.0%)
408	KLEINSCHMIDT Anja	181		K-40	68				00:40:21	01:25:33.00	01:25:55.60	+00:49:26 (57.5%)	8:33	7 (42.4%)
409	WILK Małgorzata	533		K-30	59				00:39:59	01:25:26.55	01:26:08.20	+00:49:38 (57.6%)	8:32	7 (42.4%)
410	GIBAS-JASTRZĘBSKA Iwona	102	WIECZORNE BIEGANIE W SZCZECINIE	K-50	10				00:39:58	01:26:35.90	01:27:01.20	+00:50:31 (58.1%)	8:39	6.9 (41.8%)
411	BOŚKO Paulina	40		K-30	60				00:42:19	01:19:07.85	01:29:29.50	+00:53:00 (59.2%)	7:54	7.6 (46.1%)
412	SOLTYS Krzysztof	433	DECATHLON SZCZECIN	M-20	34			Decathlon Szczecin	00:39:21	01:28:49.25	01:30:13.10	+00:53:43 (59.6%)	8:52	6.8 (41.2%)
413	LICZBIŃSKA-HANKE Małgorzata	241	DECATHLON SZCZECIN	K-20	27			Decathlon Szczecin	00:40:23	01:29:51.55	01:30:19.55	+00:53:50 (59.6%)	8:59	6.7 (40.6%)
414	SOKOŁOWSKA Anna	431	PARKRUN SZCZECIN	K-60	4			Parkrun szczecin	00:44:01	01:33:30.95	01:33:52.75	+00:57:23 (61.1%)	9:21	6.4 (38.8%)
414	DYKER-WOŹNIAK Monika	91	PARKRUN SZCZECIN	K-40	69			Parkrun szczecin	00:44:01	01:33:30.90	01:33:52.75	+00:57:23 (61.1%)	9:21	6.4 (38.8%)
416	DURKA Hanna	87	PARKRUN	K-60	5			Parkrun szczecin	00:44:02	01:33:30.90	01:33:53.10	+00:57:23 (61.1%)	9:21	6.4 (38.8%)
	TIETZ Przemyslaw	497		M-40			Tak		00:20:12 DNF	DNF	DNF	-	-	(0.0%)
	KOWALCZYK Magdalena	198	WIECZORNE BIEGANIE W SZCZECINIE	K-40					00:34:48 DNF	DNF	DNF	-	-	(0.0%)
	KOWALCZYK Jan	199	WIECZORNE BIEGANIE W SZCZECINIE	M-40					00:34:49 DNF	DNF	DNF	-	-	(0.0%)
	MĄDRZYK Magdalena	277	WIECZORNE BIEGANIE W SZCZECINIE	K-40					00:34:55 DNF	DNF	DNF	-	-	(0.0%)
	PAWELCZAK Cezary	333	WIECZORNE BIEGANIE W SZCZECINIE	M-50					00:36:30 DNF	DNF	DNF	-	-	(0.0%)
	KRĘPA Małgorzata	597		K-40					00:36:31 DNF	DNF	DNF	-	-	(0.0%)
	PASZKO Daniel	332	WIECZORNE BIEGANIE W SZCZECINIE	M-40			Tak	Wieczorne Bieganie w Szczecinie	00:36:32 DNF	DNF	DNF	-	-	(0.0%)
	KRĘPA Daniel	598		M-40					00:36:32 DNF	DNF	DNF	-	-	(0.0%)
	PANASIUK Sambor	594		M-30					00:36:37 DNF	DNF	DNF	-	-	(0.0%)
	PRIEDITIS Marcin	369		M-50					00:37:17 DNF	DNF	DNF	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja V M.P.		5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
								Grupy Azoty S.A.	Drużyna 1						
	PRIEDITIS Magdalena	370		K-40						00:37:36 DNF	DNF	DNF	-	-	(0.0%)
	BATAKO Jakub	581		M-16						00:38:45 DNF	DNF	DNF	-	-	(0.0%)
	ADAM Kamila	11		K-30						00:42:18 DNF	DNF	DNF	-	-	(0.0%)
	MAZUR Mirosława	276		K-60						00:42:18 DNF	DNF	DNF	-	-	(0.0%)
	KRÓL Magdalena	212	SIOSTRY SĄSIADKI	K-30						00:42:21 DNF	DNF	DNF	-	-	(0.0%)
	GUMOWSKA Karolina	115		K-30					TĘCZOWE TAJNIACZKI □ □	00:43:06 DNF	DNF	DNF	-	-	(0.0%)
	OLSZEWSKA Małgorzata	316		K-50					TĘCZOWE TAJNIACZKI □ □	00:43:06 DNF	DNF	DNF	-	-	(0.0%)
	ŚWIDER Marzena	492	TĘCZOWE TAJNIACZKI	K-40					TĘCZOWE TAJNIACZKI □ □	00:43:06 DNF	DNF	DNF	-	-	(0.0%)
	MOLENDĄ Sabina	287	TĘCZOWE TAJNIACZKI	K-30					TĘCZOWE TAJNIACZKI □ □	00:43:07 DNF	DNF	DNF	-	-	(0.0%)
	SIEMEK Anna	416		K-40					TĘCZOWE TAJNIACZKI □ □	00:43:07 DNF	DNF	DNF	-	-	(0.0%)
	PIERŚCIŃSKA Marzena	347	HULK TEAM POLICE	K-40					AktywnySplot	01:04:29 DNF	DNF	DNF	-	-	(0.0%)
	TOMASZEWSKA Beata	499	HULK TEAM POLICE	K-30			Tak		AktywnySplot	01:04:41 DNF	DNF	DNF	-	-	(0.0%)
	LIWUŚ-ŁAPIŃSKA Asia	243	NIEZDIAGNOZOWANI W SZALE	K-30						01:10:07 DNF	DNF	DNF	-	-	(0.0%)
	KRYGIER-ROŻEK Monika	595		K-30						01:10:07 DNF	DNF	DNF	-	-	(0.0%)
	REDLARSKA Anna	381	NWS	K-30						01:10:55 DNF	DNF	DNF	-	-	(0.0%)
	KUFEL Marcin	225	BREL II	M-40						DNF	DNF	DNF	-	-	(0.0%)
	CIELUCH Paulina	579		K-30					Policzanki	DNF	DNF	DNF	-	-	(0.0%)
	WARDEGA Monika	517	KB HERMES	K-30					kB Hermesa Gryfino	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 444 wynik(ów)