



## IX BIEG SZLAKIEM DZIKA

B4SPORT

**Wydarzenie:** Dziki Weekend 2019  
**Organizator:** Stowarzyszenie Klub Biegowy Dzik  
**Data:** 2019-08-17  
**Miejsce:** Police  
**Dystans:** 10 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>KALINOWSKI Zbigniew</b>	<b>1431</b>	JKLA JAWOR JAWORZNO	M2 30-39	1	00:00:01	00:19:56	<b>00:40:06.45</b>	<b>00:40:07.70</b>		4:00	15 (100%)
2	<b>BIENIEK Kamil</b>	<b>1333</b>		M2 30-39	2	00:00:01	00:20:35	<b>00:42:23.75</b>	<b>00:42:25.00</b>	+00:02:17 (5.4%)	4:14	14.2 (94.7%)
3	<b>SIECZKOWSKI Michał</b>	<b>1355</b>		M2 30-39	3	00:00:02	00:20:46	<b>00:42:43.75</b>	<b>00:42:45.95</b>	+00:02:37 (6.1%)	4:16	14 (93.3%)
4	<b>BARAŃSKI Przemysław</b>	<b>1401</b>	KM PSP SZCZECIN/MLUKS TRZEBIATÓW	M1 16-29	1	00:00:01	00:20:56	<b>00:42:53.10</b>	<b>00:42:54.45</b>	+00:02:46 (6.5%)	4:17	14 (93.3%)
5	<b>PRZEKOPOWICZ Bartosz</b>	<b>928</b>	WOJSKO POLSKIE/TEAMSZWARC	M1 16-29	2	00:00:02	00:21:26	<b>00:43:40.40</b>	<b>00:43:42.55</b>	+00:03:33 (8.2%)	4:22	13.7 (91.3%)
6	<b>PLESNER Krzysztof</b>	<b>1283</b>	JRG3 SZCZECIN	M3 40-49	1	00:00:02	00:21:51	<b>00:44:37.70</b>	<b>00:44:39.75</b>	+00:04:31 (10.1%)	4:27	13.4 (89.3%)
7	<b>JAROSIŃSKI Dawid</b>	<b>1342</b>	KP PSP MYŚLIBÓRZ	M3 40-49	2	00:00:01	00:21:57	<b>00:45:07.20</b>	<b>00:45:09.05</b>	+00:05:00 (11.1%)	4:30	13.3 (88.7%)
8	<b>HOPPE Grzegorz</b>	<b>1385</b>	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	4	00:00:00	00:22:14	<b>00:45:14.30</b>	<b>00:45:14.30</b>	+00:05:07 (11.3%)	4:31	13.3 (88.7%)
9	<b>GREGUŁA Wojciech</b>	<b>1422</b>		M2 30-39	5	00:00:03	00:22:32	<b>00:45:14.65</b>	<b>00:45:17.70</b>	+00:05:08 (11.4%)	4:31	13.3 (88.7%)
10	<b>SKÓRSKI Łukasz</b>	<b>980</b>		M2 30-39	6	00:00:01	00:22:29	<b>00:45:49.75</b>	<b>00:45:51.35</b>	+00:05:43 (12.5%)	4:35	13.1 (87.3%)
11	<b>APIECIONEK Mateusz</b>	<b>510</b>	UKL ÓSEMKA POLICE	M1 16-29	3	00:00:01	00:22:29	<b>00:46:05.80</b>	<b>00:46:07.35</b>	+00:05:59 (13.0%)	4:36	13 (86.7%)
12	<b>RUDZIŃSKI Jacek</b>	<b>952</b>	KW PSP SZCZECIN	M4 50-59	1	00:00:01	00:22:33	<b>00:46:19.20</b>	<b>00:46:21.15</b>	+00:06:12 (13.4%)	4:38	12.9 (86.0%)
13	<b>DETLAFF Adam</b>	<b>1379</b>	KP PSP WEJHEROWO	M2 30-39	7	00:00:03	00:22:43	<b>00:47:12.80</b>	<b>00:47:16.25</b>	+00:07:06 (15.1%)	4:43	12.7 (84.7%)
14	<b>WÓJCIK Paweł</b>	<b>1381</b>	KP PSP WEJHEROWO	M1 16-29	4	00:00:02	00:23:02	<b>00:47:21.00</b>	<b>00:47:23.95</b>	+00:07:14 (15.3%)	4:44	12.7 (84.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	IWKO Maciej	676	KW PSP GORZÓW WLKP.	M2 30-39	8	00:00:01	00:23:05	<b>00:47:47.10</b>	<b>00:47:48.20</b>	+00:07:40 (16.1%)	4:46	12.6 (84.0%)
16	GRZELAK Kacper	659	KB HERMES GRZYFINO	M1 16-29	5	00:00:02	00:23:42	<b>00:47:47.90</b>	<b>00:47:50.40</b>	+00:07:41 (16.1%)	4:46	12.6 (84.0%)
17	RUDZIŃSKI Jakub	953	SA PSP	M1 16-29	6	00:00:01	00:23:33	<b>00:47:55.45</b>	<b>00:47:56.55</b>	+00:07:49 (16.3%)	4:47	12.5 (83.3%)
18	ZYGMUNT Tomasz	1140		M3 40-49	3	00:00:04	00:23:51	<b>00:47:57.60</b>	<b>00:48:01.65</b>	+00:07:51 (16.4%)	4:47	12.5 (83.3%)
19	MAZUR Emiliusz	1427	KM PSP KOSZALIN	M3 40-49	4	00:00:02	00:23:50	<b>00:48:04.50</b>	<b>00:48:06.85</b>	+00:07:58 (16.6%)	4:48	12.5 (83.3%)
20	DOLEŻEK Krystian	601		M3 40-49	5	00:00:04	00:24:29	<b>00:48:11.55</b>	<b>00:48:15.60</b>	+00:08:05 (16.8%)	4:49	12.5 (83.3%)
21	PAWŁOWSKI Kamil	899	OCR TEAM WŁOCLAWEK	M1 16-29	7	00:00:04	00:24:04	<b>00:48:11.70</b>	<b>00:48:16.15</b>	+00:08:05 (16.8%)	4:49	12.4 (82.7%)
22	CHENON Guillaume	570	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	9	00:00:23	00:24:04	<b>00:48:18.70</b>	<b>00:48:42.30</b>	+00:08:12 (17.0%)	4:49	12.4 (82.7%)
23	KIEŁBASIEWICZ Dawid	1413	DECATHLON SZCZECIN	M1 16-29	8	00:00:02	00:24:04	<b>00:48:35.30</b>	<b>00:48:37.50</b>	+00:08:28 (17.5%)	4:51	12.3 (82.0%)
24	KRAWCZYK Paweł	756		M1 16-29	9	00:00:09	00:24:44	<b>00:49:18.25</b>	<b>00:49:27.45</b>	+00:09:11 (18.7%)	4:55	12.2 (81.3%)
25	WASILEWSKI Andrzej	1055		M3 40-49	6	00:00:09	00:24:44	<b>00:49:20.15</b>	<b>00:49:29.45</b>	+00:09:13 (18.7%)	4:56	12.2 (81.3%)
26	ROSZKOWSKI Marcin	1383	KP PSP WEJHEROWO	M2 30-39	10	00:00:00	00:24:37	<b>00:49:37.85</b>	<b>00:49:37.85</b>	+00:09:31 (19.2%)	4:57	12.1 (80.7%)
27	KUPIS Hubert	775	AKADEMIA MARYNARKI WOJENNEJ	M1 16-29	10	00:00:01	00:23:39	<b>00:49:40.95</b>	<b>00:49:42.55</b>	+00:09:34 (19.3%)	4:58	12.1 (80.7%)
28	SAWICKI Bartosz	963	DZIKIE DZIKI GORZÓW	M1 16-29	11	00:00:14	00:25:21	<b>00:50:03.75</b>	<b>00:50:18.45</b>	+00:09:57 (19.9%)	5:00	12 (80.0%)
29	PRZYBYSZ Marcin	930		M2 30-39	11	00:00:03	00:24:14	<b>00:50:04.15</b>	<b>00:50:07.60</b>	+00:09:57 (19.9%)	5:00	12 (80.0%)
30	FAFEREK Piotr	622		M2 30-39	12	00:00:07	00:24:58	<b>00:50:12.00</b>	<b>00:50:19.40</b>	+00:10:05 (20.1%)	5:01	12 (80.0%)
31	KRZACZKOWSKI Łukasz	762		M2 30-39	13	00:00:04	00:24:37	<b>00:50:12.05</b>	<b>00:50:16.65</b>	+00:10:05 (20.1%)	5:01	12 (80.0%)
32	GRZESIK Eugeniusz	1255	KM PSP KOSZALIN	M4 50-59	2	00:00:04	00:24:57	<b>00:50:29.45</b>	<b>00:50:33.45</b>	+00:10:23 (20.6%)	5:02	11.9 (79.3%)
33	WÓJCIAK Marcin	1412		M1 16-29	12	00:00:01	00:23:50	<b>00:50:30.50</b>	<b>00:50:32.05</b>	+00:10:24 (20.6%)	5:03	11.9 (79.3%)
34	WUJDA Mirosław	1100	ERNI RULEZ	M3 40-49	7	00:00:05	00:24:57	<b>00:50:39.45</b>	<b>00:50:44.65</b>	+00:10:33 (20.8%)	5:03	11.8 (78.7%)
35	ADAMSKI Janusz	505		M4 50-59	3	00:00:02	00:25:04	<b>00:50:45.35</b>	<b>00:50:47.70</b>	+00:10:38 (21.0%)	5:04	11.8 (78.7%)
36	KRZEŚNIEWSKI Marcin	1305	ROWEROWY ZAŁOM	M3 40-49	8	00:00:02	00:24:49	<b>00:50:49.25</b>	<b>00:50:52.20</b>	+00:10:42 (21.1%)	5:05	11.8 (78.7%)
37	HOŁYŃSKI Leszek	672	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	14	00:00:03	00:24:52	<b>00:50:55.90</b>	<b>00:50:59.25</b>	+00:10:49 (21.3%)	5:05	11.8 (78.7%)
38	SIEDLER Martin	969	SV DONSBRUGGEN 06	M2 30-39	15	00:00:25	00:25:14	<b>00:51:04.20</b>	<b>00:51:30.00</b>	+00:10:57 (21.5%)	5:06	11.7 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	<b>DOLIWKA Kamil</b>	<b>602</b>	KPP WAŁCZ	M2 30-39	16	00:00:00	00:25:18	<b>00:51:08.55</b>	<b>00:51:08.55</b>	+00:11:02 (21.6%)	5:06	11.7 (78.0%)
40	<b>ROGOWSKI Andrzej</b>	<b>1393</b>	SKB DZIK	M2 30-39	17	00:00:03	00:25:01	<b>00:51:14.25</b>	<b>00:51:18.05</b>	+00:11:07 (21.7%)	5:07	11.7 (78.0%)
41	<b>KACZMAREK Maciej</b>	<b>706</b>	BROS TEAM	M1 16-29	13	00:00:04	00:25:18	<b>00:51:20.30</b>	<b>00:51:24.35</b>	+00:11:13 (21.9%)	5:08	11.7 (78.0%)
42	<b>OLEJNIK Przemek</b>	<b>882</b>		M4 50-59	4	00:00:07	00:25:13	<b>00:51:35.65</b>	<b>00:51:43.60</b>	+00:11:29 (22.3%)	5:09	11.6 (77.3%)
43	<b>ZYCH Krzysztof</b>	<b>1120</b>	TRIUMF SŁAWOBORZE	M2 30-39	18	00:00:03	00:24:51	<b>00:51:45.90</b>	<b>00:51:48.95</b>	+00:11:39 (22.5%)	5:10	11.6 (77.3%)
44	<b>KUNIKOWSKI Patryk</b>	<b>774</b>	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	19	00:00:14	00:25:59	<b>00:51:54.40</b>	<b>00:52:08.85</b>	+00:11:47 (22.7%)	5:11	11.6 (77.3%)
45	<b>NOWAK Jakub</b>	<b>876</b>		M2 30-39	20	00:00:04	00:25:15	<b>00:51:59.10</b>	<b>00:52:03.20</b>	+00:11:52 (22.8%)	5:11	11.5 (76.7%)
46	<b>JASTAK Paweł</b>	<b>694</b>		M2 30-39	21	00:00:04	00:25:16	<b>00:51:59.75</b>	<b>00:52:04.05</b>	+00:11:53 (22.9%)	5:12	11.5 (76.7%)
47	<b>WRÓBLEWSKI Michał</b>	<b>1097</b>	GRA RUNNERS	M2 30-39	22	00:00:03	00:25:12	<b>00:52:20.00</b>	<b>00:52:23.80</b>	+00:12:13 (23.4%)	5:14	11.5 (76.7%)
48	<b>KATRYCZ Zbigniew</b>	<b>715</b>		M4 50-59	5	00:00:02	00:25:45	<b>00:52:26.35</b>	<b>00:52:29.25</b>	+00:12:19 (23.5%)	5:14	11.4 (76.0%)
49	<b>GARBACZ Krzysztof</b>	<b>1340</b>		M3 40-49	9	00:00:02	00:25:01	<b>00:52:32.65</b>	<b>00:52:34.70</b>	+00:12:26 (23.7%)	5:15	11.4 (76.0%)
50	<b>CHRAPKOWSKI Marcel</b>	<b>574</b>	OCR TEAM WŁOCŁAWEK	M2 30-39	23	00:00:04	00:26:01	<b>00:52:35.60</b>	<b>00:52:40.55</b>	+00:12:29 (23.7%)	5:15	11.4 (76.0%)
51	<b>GERLICH Kai</b>	<b>636</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	M1 16-29	14	00:00:07	00:25:46	<b>00:52:40.00</b>	<b>00:52:47.45</b>	+00:12:33 (23.8%)	5:16	11.4 (76.0%)
52	<b>SKOWYRA Arkadiusz</b>	<b>979</b>	RUNGRYF GRYFICE	M2 30-39	24	00:00:09	00:25:49	<b>00:52:42.25</b>	<b>00:52:51.80</b>	+00:12:35 (23.9%)	5:16	11.4 (76.0%)
53	<b>SROGA Maciej</b>	<b>996</b>		M2 30-39	25	00:00:03	00:25:53	<b>00:53:02.60</b>	<b>00:53:06.10</b>	+00:12:56 (24.4%)	5:18	11.3 (75.3%)
54	<b>LIPERTOWICZ Sebastian</b>	<b>1144</b>		M2 30-39	26	00:00:00	00:26:21	<b>00:53:08.00</b>	<b>00:53:08.00</b>	+00:13:01 (24.5%)	5:18	11.3 (75.3%)
55	<b>ZABOROWSKA Małgorzata</b>	<b>1104</b>	OSP PŁOTY	K2 30-39	1	00:00:06	00:25:53	<b>00:53:15.05</b>	<b>00:53:21.90</b>	+00:13:08 (24.7%)	5:19	11.3 (75.3%)
56	<b>CHARĘZA Marcin</b>	<b>569</b>	ZAWADZKIEGO SZCZCEIN	M2 30-39	27	00:00:10	00:25:49	<b>00:53:39.35</b>	<b>00:53:49.80</b>	+00:13:32 (25.3%)	5:21	11.2 (74.7%)
57	<b>ROGALSKI Marcin</b>	<b>1353</b>	VOCALIS SZCZECIN	M4 50-59	6	00:00:05	00:27:08	<b>00:53:40.95</b>	<b>00:53:46.20</b>	+00:13:34 (25.3%)	5:22	11.2 (74.7%)
58	<b>KAMIŃSKI Antoni</b>	<b>1428</b>		M5 60+	1	00:00:01	00:26:25	<b>00:53:44.70</b>	<b>00:53:46.45</b>	+00:13:38 (25.4%)	5:22	11.2 (74.7%)
59	<b>DUSZA Robert</b>	<b>614</b>		M3 40-49	10	00:00:21	00:26:23	<b>00:53:46.70</b>	<b>00:54:07.85</b>	+00:13:40 (25.4%)	5:22	11.2 (74.7%)
60	<b>MILEJSKI Paweł</b>	<b>843</b>		M2 30-39	28	00:00:12	00:26:42	<b>00:53:59.40</b>	<b>00:54:12.25</b>	+00:13:52 (25.7%)	5:24	11.1 (74.0%)
61	<b>LINKE Rafał</b>	<b>1348</b>	SKB DZIK	M2 30-39	29	00:00:20	00:26:03	<b>00:54:11.50</b>	<b>00:54:32.20</b>	+00:14:05 (26.0%)	5:25	11.1 (74.0%)
62	<b>NOWEK Dawid</b>	<b>878</b>	CHUDE BYKI	M1 16-29	15	00:00:00	00:27:26	<b>00:54:11.60</b>	<b>00:54:11.60</b>	+00:14:05 (26.0%)	5:25	11.1 (74.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
63	<b>KULA Dawid</b>	<b>769</b>	OŻW SZCZECIN	M1 16-29	16	00:00:57	00:23:13	<b>00:54:13.00</b>	<b>00:55:10.00</b>	+00:14:06 (26.0%)	5:25	11.1 (74.0%)
64	<b>SŁOWIK Jacek</b>	<b>984</b>		M2 30-39	30	00:00:01	00:26:07	<b>00:54:17.65</b>	<b>00:54:19.60</b>	+00:14:11 (26.1%)	5:25	11 (73.3%)
65	<b>PORZYCH Zbigniew</b>	<b>920</b>		M2 30-39	31	00:00:05	00:25:24	<b>00:54:22.90</b>	<b>00:54:28.10</b>	+00:14:16 (26.2%)	5:26	11 (73.3%)
66	<b>OLEJARZ Damian</b>	<b>881</b>		M2 30-39	32	00:00:02	00:25:49	<b>00:54:32.30</b>	<b>00:54:34.65</b>	+00:14:25 (26.5%)	5:27	11 (73.3%)
67	<b>GRYGORCEWICZ Jan</b>	<b>654</b>		M4 50-59	7	00:00:05	00:26:29	<b>00:54:33.35</b>	<b>00:54:38.60</b>	+00:14:26 (26.5%)	5:27	11 (73.3%)
68	<b>BABICZ Wojtek</b>	<b>513</b>	BRIDGESTONE STARGARD SUNNERS	M3 40-49	11	00:00:03	00:26:40	<b>00:54:39.05</b>	<b>00:54:42.85</b>	+00:14:32 (26.6%)	5:27	11 (73.3%)
69	<b>BOJANOWSKI Piotr</b>	<b>1408</b>	BEMO MOTORS	M3 40-49	12	00:00:35	00:28:11	<b>00:54:39.45</b>	<b>00:55:14.80</b>	+00:14:33 (26.6%)	5:27	11 (73.3%)
70	<b>DYDEK Edyta</b>	<b>1396</b>	SKB DZIK	K1 16-29	1	00:00:02	00:26:31	<b>00:54:39.95</b>	<b>00:54:42.85</b>	+00:14:33 (26.6%)	5:28	11 (73.3%)
71	<b>HAWRYLAK Marcin</b>	<b>668</b>	SOSW NR 1 DLA DZIECI NIEPEŁNOSPRAWNYCH RUCHOWO W POLICACH	M4 50-59	8	00:00:03	00:26:59	<b>00:54:45.75</b>	<b>00:54:49.30</b>	+00:14:39 (26.8%)	5:28	11 (73.3%)
72	<b>JODŁOWSKI Marek</b>	<b>701</b>		M3 40-49	13	00:00:18	00:27:38	<b>00:54:46.65</b>	<b>00:55:05.50</b>	+00:14:40 (26.8%)	5:28	11 (73.3%)
73	<b>MUCHA Rafał</b>	<b>1430</b>	KB HERMES	M3 40-49	14	00:00:14	00:27:19	<b>00:54:50.80</b>	<b>00:55:05.70</b>	+00:14:44 (26.9%)	5:29	10.9 (72.7%)
74	<b>ZELEK Darek</b>	<b>1113</b>		M3 40-49	15	00:00:01	00:26:48	<b>00:54:51.20</b>	<b>00:54:53.10</b>	+00:14:44 (26.9%)	5:29	10.9 (72.7%)
75	<b>WOSZCZYK Sebastian</b>	<b>1088</b>		M3 40-49	16	00:00:19	00:27:39	<b>00:54:54.05</b>	<b>00:55:13.55</b>	+00:14:47 (26.9%)	5:29	10.9 (72.7%)
76	<b>RYBACKI Roman</b>	<b>955</b>	GIMELA TEAM	M2 30-39	33	00:00:08	00:27:35	<b>00:54:56.40</b>	<b>00:55:05.05</b>	+00:14:49 (27.0%)	5:29	10.9 (72.7%)
77	<b>WARCHAŁOWSKI Arkadiusz</b>	<b>1053</b>		M3 40-49	17	00:00:13	00:26:51	<b>00:54:58.80</b>	<b>00:55:12.25</b>	+00:14:52 (27.1%)	5:29	10.9 (72.7%)
78	<b>GARBACIAK Przemysław</b>	<b>632</b>	TOGETHER4EVER	M2 30-39	34	00:00:17	00:26:59	<b>00:55:01.50</b>	<b>00:55:19.15</b>	+00:14:55 (27.1%)	5:30	10.9 (72.7%)
79	<b>PAWLAK Bartosz</b>	<b>896</b>	HUSARIA RACE TEAM	M1 16-29	17	00:00:03	00:26:32	<b>00:55:02.50</b>	<b>00:55:06.25</b>	+00:14:56 (27.1%)	5:30	10.9 (72.7%)
80	<b>KWIATKOWSKI Kajetan</b>	<b>782</b>	GDAŃSKIE DZIKI	M2 30-39	35	00:00:05	00:26:48	<b>00:55:08.50</b>	<b>00:55:14.20</b>	+00:15:02 (27.3%)	5:30	10.9 (72.7%)
81	<b>KISIEL Łukasz</b>	<b>720</b>		M2 30-39	36	00:00:09	00:28:01	<b>00:55:17.55</b>	<b>00:55:26.85</b>	+00:15:11 (27.5%)	5:31	10.9 (72.7%)
82	<b>WOŁOSZYN Wojciech</b>	<b>1086</b>		M2 30-39	37	00:00:10	00:28:00	<b>00:55:20.50</b>	<b>00:55:30.75</b>	+00:15:14 (27.5%)	5:32	10.8 (72.0%)
83	<b>BLAHAK David</b>	<b>539</b>	DUOLIFE TEAM	M1 16-29	18	00:00:03	00:27:05	<b>00:55:21.50</b>	<b>00:55:25.25</b>	+00:15:15 (27.5%)	5:32	10.8 (72.0%)
84	<b>BUŁAWA Michał</b>	<b>563</b>		M1 16-29	19	00:00:10	00:27:18	<b>00:55:27.10</b>	<b>00:55:37.10</b>	+00:15:20 (27.7%)	5:32	10.8 (72.0%)
85	<b>KRZACZKOWSKA Iwona</b>	<b>761</b>	DZIKI WROCŁAW	K2 30-39	2	00:00:02	00:27:18	<b>00:55:44.75</b>	<b>00:55:47.50</b>	+00:15:38 (28.1%)	5:34	10.8 (72.0%)
86	<b>SŁODZIŃSKI Gabriel</b>	<b>983</b>	ŁOSOŚ T.E.A.M.	M1 16-29	20	00:00:08	00:28:04	<b>00:55:51.45</b>	<b>00:55:59.70</b>	+00:15:45 (28.2%)	5:35	10.7 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
87	<b>KAMIŃSKI Sławomir</b>	<b>1343</b>	KMP ŚWINOUJŚCIE	M2 30-39	38	00:00:03	00:26:52	<b>00:55:53.90</b>	<b>00:55:57.10</b>	+00:15:47 (28.2%)	5:35	10.7 (71.3%)
88	<b>MARZEC Karolina</b>	<b>828</b>	DZIKIE DZIKI GORZÓW	K3 40-49	1	00:00:02	00:27:32	<b>00:55:58.90</b>	<b>00:56:01.85</b>	+00:15:52 (28.4%)	5:35	10.7 (71.3%)
89	<b>WAJS Sebastian</b>	<b>1051</b>		M2 30-39	39	00:00:17	00:27:25	<b>00:56:02.05</b>	<b>00:56:19.65</b>	+00:15:55 (28.4%)	5:36	10.7 (71.3%)
90	<b>KORDYS Michał</b>	<b>740</b>	23. BAZA LOTNICTWA TAKTYCZNEGO	M1 16-29	21	00:00:03	00:27:18	<b>00:56:03.30</b>	<b>00:56:07.05</b>	+00:15:56 (28.4%)	5:36	10.7 (71.3%)
91	<b>KOWAL Tomasz</b>	<b>748</b>		M3 40-49	18	00:00:12	00:28:06	<b>00:56:06.95</b>	<b>00:56:19.70</b>	+00:16:00 (28.5%)	5:36	10.7 (71.3%)
92	<b>LASKOWSKI Tomasz</b>	<b>787</b>	PIĘKNI I BESTIE	M2 30-39	40	00:00:03	00:27:43	<b>00:56:23.70</b>	<b>00:56:27.05</b>	+00:16:17 (28.9%)	5:38	10.6 (70.7%)
93	<b>KRASNODĘBSKI Konrad</b>	<b>1405</b>	BBL POLICE	M3 40-49	19	00:00:07	00:28:35	<b>00:56:33.75</b>	<b>00:56:41.60</b>	+00:16:27 (29.1%)	5:39	10.6 (70.7%)
94	<b>WAHN Przemysław</b>	<b>1130</b>		M2 30-39	41	00:00:22	00:28:01	<b>00:56:44.95</b>	<b>00:57:07.90</b>	+00:16:38 (29.3%)	5:40	10.6 (70.7%)
95	<b>DZIEMECKI Grzegorz</b>	<b>616</b>	SKS HUSARIA	M3 40-49	20	00:00:10	00:27:02	<b>00:56:50.00</b>	<b>00:57:00.30</b>	+00:16:43 (29.4%)	5:41	10.6 (70.7%)
96	<b>SOBCZAK Wojciech</b>	<b>988</b>		M2 30-39	42	00:00:15	00:28:07	<b>00:56:50.05</b>	<b>00:57:05.95</b>	+00:16:43 (29.4%)	5:41	10.6 (70.7%)
97	<b>CHARLEJ Ireneusz</b>	<b>1336</b>	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49	21	00:00:07	00:27:48	<b>00:57:04.95</b>	<b>00:57:12.05</b>	+00:16:58 (29.7%)	5:42	10.5 (70.0%)
98	<b>JASTRZĘBSKI Daniel</b>	<b>695</b>		M3 40-49	22	00:00:10	00:28:16	<b>00:57:05.05</b>	<b>00:57:15.95</b>	+00:16:58 (29.7%)	5:42	10.5 (70.0%)
99	<b>LIEBNER Patryk</b>	<b>1404</b>	AKA DOCHODZENIE ODSZKODOWAŃ	M2 30-39	43	00:00:12	00:28:22	<b>00:57:06.60</b>	<b>00:57:18.65</b>	+00:17:00 (29.8%)	5:42	10.5 (70.0%)
100	<b>MARKS Maciej</b>	<b>826</b>	STOWARZYSZENIE DOŁUJE-KOŚCINO	M3 40-49	23	00:00:15	00:27:43	<b>00:57:08.55</b>	<b>00:57:24.45</b>	+00:17:02 (29.8%)	5:42	10.5 (70.0%)
101	<b>KRUK Bartosz</b>	<b>1380</b>		M2 30-39	44	00:00:17	00:27:28	<b>00:57:16.90</b>	<b>00:57:34.35</b>	+00:17:10 (30.0%)	5:43	10.5 (70.0%)
102	<b>WAWRZYŃIAK Ireneusz</b>	<b>1357</b>		M2 30-39	45	00:00:13	00:28:08	<b>00:57:34.10</b>	<b>00:57:47.95</b>	+00:17:27 (30.3%)	5:45	10.4 (69.3%)
103	<b>DYDEK Arkadiusz</b>	<b>1395</b>	SKB DZIK	M1 16-29	22	00:00:01	00:27:33	<b>00:57:36.85</b>	<b>00:57:38.15</b>	+00:17:30 (30.4%)	5:45	10.4 (69.3%)
104	<b>WASEK Aleksander</b>	<b>1054</b>		M1 16-29	23	00:00:05	00:27:21	<b>00:57:46.45</b>	<b>00:57:51.95</b>	+00:17:40 (30.6%)	5:46	10.4 (69.3%)
105	<b>OSTOJSKI Ireneusz</b>	<b>889</b>	DLL PARTNERS	M3 40-49	24	00:00:13	00:27:42	<b>00:57:46.85</b>	<b>00:58:00.30</b>	+00:17:40 (30.6%)	5:46	10.4 (69.3%)
106	<b>KAMIŃSKA Adriana</b>	<b>709</b>	BBL POLICE	K2 30-39	3	00:00:07	00:29:11	<b>00:57:54.55</b>	<b>00:58:02.20</b>	+00:17:48 (30.7%)	5:47	10.4 (69.3%)
107	<b>KOŹMIC Ryszard</b>	<b>1259</b>	A/A POLICE	M5 60+	2	00:00:04	00:27:27	<b>00:58:11.25</b>	<b>00:58:15.65</b>	+00:18:04 (31.1%)	5:49	10.3 (68.7%)
108	<b>ARLUKIEWICZ Grzegorz</b>	<b>511</b>		M2 30-39	46	00:00:28	00:30:14	<b>00:58:13.40</b>	<b>00:58:41.75</b>	+00:18:06 (31.1%)	5:49	10.3 (68.7%)
109	<b>SZYPKOWSKI Marek</b>	<b>1027</b>	CHWIRAM	M3 40-49	25	00:00:02	00:28:39	<b>00:58:14.35</b>	<b>00:58:16.85</b>	+00:18:07 (31.1%)	5:49	10.3 (68.7%)
110	<b>KACZMAREK Krzysztof</b>	<b>704</b>	OSOWA BIEGA	M3 40-49	26	00:00:08	00:28:11	<b>00:58:19.30</b>	<b>00:58:27.65</b>	+00:18:12 (31.2%)	5:49	10.3 (68.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
111	<b>GRYGORCEWICZ Władysław</b>	<b>655</b>	SKB DZIK POLICE	M5 60+	3	00:00:07	00:28:48	<b>00:58:23.80</b>	<b>00:58:30.90</b>	+00:18:17 (31.3%)	5:50	10.3 (68.7%)
112	<b>KUSAK Bartłomiej</b>	<b>778</b>	DZIKI WROCŁAW	M1 16-29	24	00:00:47	00:30:22	<b>00:58:26.45</b>	<b>00:59:13.55</b>	+00:18:20 (31.4%)	5:50	10.3 (68.7%)
113	<b>NAREJKO Paweł</b>	<b>860</b>		M1 16-29	25	00:00:15	00:29:05	<b>00:58:38.30</b>	<b>00:58:53.35</b>	+00:18:31 (31.6%)	5:51	10.2 (68.0%)
114	<b>GERLICH Klaus-Stephan</b>	<b>635</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	9	00:00:05	00:27:26	<b>00:58:41.30</b>	<b>00:58:46.70</b>	+00:18:34 (31.7%)	5:52	10.2 (68.0%)
115	<b>STAŃCZYK Sławomir</b>	<b>998</b>	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	47	00:00:14	00:29:30	<b>00:58:41.50</b>	<b>00:58:55.65</b>	+00:18:35 (31.7%)	5:52	10.2 (68.0%)
116	<b>KNIOŁA Łukasz</b>	<b>730</b>	PIŁA TEAM	M2 30-39	48	00:00:02	00:28:50	<b>00:58:45.70</b>	<b>00:58:48.45</b>	+00:18:39 (31.7%)	5:52	10.2 (68.0%)
117	<b>SCHERFENBERG Łukasz</b>	<b>964</b>	ZS ZWYROLE	M2 30-39	49	00:00:05	00:29:03	<b>00:58:46.60</b>	<b>00:58:52.25</b>	+00:18:40 (31.8%)	5:52	10.2 (68.0%)
118	<b>ZERZUT Jarosław</b>	<b>1115</b>	ŚRUNDUNIA SZCZECIN	M4 50-59	10	00:00:22	00:29:51	<b>00:58:46.80</b>	<b>00:59:09.15</b>	+00:18:40 (31.8%)	5:52	10.2 (68.0%)
119	<b>WIŚNIEWSKI Mariusz</b>	<b>1074</b>		M1 16-29	26	00:00:07	00:29:13	<b>00:58:55.65</b>	<b>00:59:02.70</b>	+00:18:49 (31.9%)	5:53	10.2 (68.0%)
120	<b>PASIEKA Agnieszka</b>	<b>1351</b>	21 BLT / UKL FENIKS ŚWIDWIN	K2 30-39	4	00:00:30	00:29:08	<b>00:58:57.90</b>	<b>00:59:28.50</b>	+00:18:51 (32.0%)	5:53	10.2 (68.0%)
121	<b>PYREK Krzysztof</b>	<b>937</b>	1 RBLOG	M2 30-39	50	00:00:09	00:28:45	<b>00:59:02.35</b>	<b>00:59:11.55</b>	+00:18:55 (32.1%)	5:54	10.2 (68.0%)
122	<b>DZIĘGIELEWSKI Grzegorz</b>	<b>618</b>		M2 30-39	51	00:00:19	00:29:43	<b>00:59:10.50</b>	<b>00:59:30.10</b>	+00:19:04 (32.2%)	5:55	10.1 (67.3%)
123	<b>PASIKOWSKI Kamil</b>	<b>1394</b>	SKB DZIK	M1 16-29	27	00:00:02	00:27:24	<b>00:59:38.35</b>	<b>00:59:41.10</b>	+00:19:31 (32.7%)	5:57	10.1 (67.3%)
124	<b>ŻMUDA Krzysztof</b>	<b>1125</b>	HUSARIA RACE TEAM	M2 30-39	52	00:00:04	00:29:23	<b>00:59:49.20</b>	<b>00:59:53.95</b>	+00:19:42 (33.0%)	5:58	10 (66.7%)
125	<b>KOMSTA Rafał</b>	<b>736</b>		M2 30-39	53	00:00:05	00:29:03	<b>00:59:50.50</b>	<b>00:59:56.45</b>	+00:19:44 (33.0%)	5:59	10 (66.7%)
126	<b>CIEŻKI Kuba</b>	<b>1150</b>		M1 16-29	28	00:00:03	00:29:39	<b>00:59:51.05</b>	<b>00:59:54.90</b>	+00:19:44 (33.0%)	5:59	10 (66.7%)
127	<b>SURGUCKI Sebastian</b>	<b>1012</b>	W POGONI ZA DUCHEM	M3 40-49	27	00:00:31	00:31:08	<b>00:59:57.70</b>	<b>01:00:29.10</b>	+00:19:51 (33.1%)	5:59	10 (66.7%)
128	<b>ADAMCZEWSKA Agnieszka</b>	<b>501</b>	3ATEAM	K3 40-49	2	00:00:30	00:30:59	<b>00:59:58.45</b>	<b>01:00:29.10</b>	+00:19:52 (33.1%)	5:59	10 (66.7%)
129	<b>WOŁK Marcin</b>	<b>1084</b>	KSF	M2 30-39	54	00:00:12	00:29:23	<b>01:00:01.50</b>	<b>01:00:13.75</b>	+00:19:55 (33.2%)	6:00	10 (66.7%)
130	<b>NIKLAS Małgorzata</b>	<b>872</b>	KSF	K2 30-39	5	00:00:12	00:29:22	<b>01:00:01.60</b>	<b>01:00:13.65</b>	+00:19:55 (33.2%)	6:00	10 (66.7%)
131	<b>GÓRNIAK Dariusz</b>	<b>1390</b>		M4 50-59	11	00:00:02	00:30:38	<b>01:00:04.50</b>	<b>01:00:06.75</b>	+00:19:58 (33.2%)	6:00	10 (66.7%)
132	<b>GOŁĘBIEWSKI Tomasz</b>	<b>642</b>		M2 30-39	55	00:00:09	00:29:23	<b>01:00:14.70</b>	<b>01:00:24.65</b>	+00:20:08 (33.4%)	6:01	10 (66.7%)
133	<b>WÓJCIK Krzysztof</b>	<b>1093</b>		M2 30-39	56	00:00:11	00:28:37	<b>01:00:14.90</b>	<b>01:00:26.45</b>	+00:20:08 (33.4%)	6:01	10 (66.7%)
134	<b>PAŃCZYK Tomasz</b>	<b>894</b>		M2 30-39	57	00:00:10	00:29:23	<b>01:00:14.95</b>	<b>01:00:25.10</b>	+00:20:08 (33.4%)	6:01	10 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
135	<b>ROJEWSKI Mateusz</b>	<b>946</b>		M2 30-39	58	00:00:10	00:29:21	<b>01:00:15.15</b>	<b>01:00:25.25</b>	+00:20:08 (33.4%)	6:01	10 (66.7%)
136	<b>ŻUROWSKI Leszek</b>	<b>1128</b>	POGOŃ SZCZECIN	M2 30-39	59	00:00:25	00:30:34	<b>01:00:20.35</b>	<b>01:00:45.65</b>	+00:20:13 (33.5%)	6:02	9.9 (66.0%)
137	<b>WITORZĘĆ Dariusz</b>	<b>1076</b>		M3 40-49	28	00:00:14	00:29:46	<b>01:00:23.95</b>	<b>01:00:38.05</b>	+00:20:17 (33.6%)	6:02	9.9 (66.0%)
138	<b>DOLEŻEK Agnieszka</b>	<b>600</b>	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	6	00:00:03	00:29:36	<b>01:00:24.70</b>	<b>01:00:28.40</b>	+00:20:18 (33.6%)	6:02	9.9 (66.0%)
139	<b>WÓJCIK Tomasz</b>	<b>1092</b>		M2 30-39	60	00:00:09	00:29:18	<b>01:00:25.05</b>	<b>01:00:34.55</b>	+00:20:18 (33.6%)	6:02	9.9 (66.0%)
140	<b>NĘDZUSIAK Dariusz</b>	<b>864</b>	POLKRYŚ TEAM	M4 50-59	12	00:00:24	00:30:44	<b>01:00:26.30</b>	<b>01:00:50.30</b>	+00:20:19 (33.6%)	6:02	9.9 (66.0%)
141	<b>DYMOWSKI Paweł</b>	<b>1339</b>	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	61	00:00:23	00:29:41	<b>01:00:26.70</b>	<b>01:00:50.60</b>	+00:20:20 (33.6%)	6:02	9.9 (66.0%)
142	<b>SAWA Piotr</b>	<b>962</b>	IRON TEAM SZCZECIN	M2 30-39	62	00:00:16	00:30:23	<b>01:00:32.05</b>	<b>01:00:48.90</b>	+00:20:25 (33.7%)	6:03	9.9 (66.0%)
143	<b>KĘDZIELEWSKI Łukasz</b>	<b>717</b>	ZAWADZKIEGO SZCZECIN	M2 30-39	63	00:00:07	00:29:32	<b>01:00:32.70</b>	<b>01:00:40.65</b>	+00:20:26 (33.8%)	6:03	9.9 (66.0%)
144	<b>BLICHARSKA Marta</b>	<b>540</b>	12 BZ	K2 30-39	7	00:00:07	00:29:36	<b>01:00:32.75</b>	<b>01:00:40.70</b>	+00:20:26 (33.8%)	6:03	9.9 (66.0%)
145	<b>STĘPIEŃ Adrian</b>	<b>1008</b>	ADI	M2 30-39	64	00:00:22	00:30:54	<b>01:00:35.85</b>	<b>01:00:58.35</b>	+00:20:29 (33.8%)	6:03	9.9 (66.0%)
146	<b>ALABRUDZIŃSKA Agnieszka</b>	<b>1423</b>		K2 30-39	8	00:00:00	00:29:19	<b>01:00:39.40</b>	<b>01:00:39.40</b>	+00:20:32 (33.9%)	6:03	9.9 (66.0%)
147	<b>BARSZCZEWSKI Jacek</b>	<b>522</b>	ZDROWO PIEPRZNIĘCI	M3 40-49	29	00:00:50	00:30:14	<b>01:00:40.90</b>	<b>01:01:31.70</b>	+00:20:34 (33.9%)	6:04	9.9 (66.0%)
148	<b>MATUSIAK Rafał</b>	<b>1278</b>		M1 16-29	29	00:00:10	00:29:32	<b>01:00:42.50</b>	<b>01:00:52.75</b>	+00:20:36 (33.9%)	6:04	9.9 (66.0%)
149	<b>PONIEWIERKA Remigiusz</b>	<b>917</b>	DRAGON 10	M3 40-49	30	00:00:17	00:30:10	<b>01:00:42.60</b>	<b>01:01:00.50</b>	+00:20:36 (33.9%)	6:04	9.9 (66.0%)
150	<b>SOBAŃSKA Karolina</b>	<b>987</b>	SKB DZIK	K2 30-39	9	00:00:07	00:29:12	<b>01:00:48.50</b>	<b>01:00:55.95</b>	+00:20:42 (34.0%)	6:04	9.9 (66.0%)
151	<b>SZYNTOR Mateusz</b>	<b>1026</b>	GRA RUNNERS	M1 16-29	30	00:00:25	00:30:18	<b>01:01:00.55</b>	<b>01:01:26.00</b>	+00:20:54 (34.3%)	6:06	9.8 (65.3%)
152	<b>KONDELA Paweł</b>	<b>737</b>	AKTYWNE CHOSZCZNO	M3 40-49	31	00:00:27	00:30:26	<b>01:01:02.10</b>	<b>01:01:29.35</b>	+00:20:55 (34.3%)	6:06	9.8 (65.3%)
153	<b>GRZYBOWSKI Przemysław</b>	<b>661</b>	KP PSP POLICE	M3 40-49	32	00:00:06	00:30:18	<b>01:01:03.15</b>	<b>01:01:10.00</b>	+00:20:56 (34.3%)	6:06	9.8 (65.3%)
154	<b>SKRZYPKOWSKI Łukasz</b>	<b>982</b>	LUKSMASAŻ	M2 30-39	65	00:00:04	00:29:56	<b>01:01:13.00</b>	<b>01:01:17.30</b>	+00:21:06 (34.5%)	6:07	9.8 (65.3%)
154	<b>MASYS Agnieszka</b>	<b>829</b>	GRUPA MALBORK	K3 40-49	3	00:00:12	00:30:51	<b>01:01:13.00</b>	<b>01:01:25.25</b>	+00:21:06 (34.5%)	6:07	9.8 (65.3%)
156	<b>DUDKA Robert</b>	<b>612</b>		M2 30-39	66	00:00:15	00:31:25	<b>01:01:13.60</b>	<b>01:01:29.55</b>	+00:21:07 (34.5%)	6:07	9.8 (65.3%)
157	<b>KWIATKOWSKA Aleksandra</b>	<b>779</b>	WIECZORNE BIEGANIE W SZCZECINIE	K1 16-29	2	00:00:06	00:29:36	<b>01:01:14.65</b>	<b>01:01:20.75</b>	+00:21:08 (34.5%)	6:07	9.8 (65.3%)
158	<b>SOWISZ Cezary</b>	<b>994</b>	SOWISZ TEAM	M4 50-59	13	00:00:26	00:30:19	<b>01:01:14.80</b>	<b>01:01:40.85</b>	+00:21:08 (34.5%)	6:07	9.8 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
159	SZATANEK Ewa	1016		K3 40-49	4	00:00:13	00:29:49	01:01:16.55	01:01:29.55	+00:21:10 (34.5%)	6:07	9.8 (65.3%)
160	WALCZAK Tadeusz	1264		M4 50-59	14	00:00:04	00:29:43	01:01:36.35	01:01:40.95	+00:21:29 (34.9%)	6:09	9.7 (64.7%)
161	WOJTKOWIAK Rafał	1080		M3 40-49	33	00:00:26	00:30:07	01:01:40.00	01:02:06.65	+00:21:33 (35.0%)	6:10	9.7 (64.7%)
162	CZYLKOWSKI Patryk	587	100%EG	M2 30-39	67	00:00:15	00:29:52	01:01:43.65	01:01:58.95	+00:21:37 (35.0%)	6:10	9.7 (64.7%)
163	KLAUZINSKI Michał	721		M1 16-29	31	00:00:04	00:30:56	01:01:45.30	01:01:50.05	+00:21:38 (35.1%)	6:10	9.7 (64.7%)
164	ZADROŻNY Szymon	1106	WATAHA WAŁCZ	M3 40-49	34	00:00:16	00:30:01	01:01:47.05	01:02:03.80	+00:21:40 (35.1%)	6:10	9.7 (64.7%)
165	CHODZICKI Janusz	573	ZS ZWYROLE	M1 16-29	32	00:00:07	00:29:58	01:01:53.55	01:02:01.40	+00:21:47 (35.2%)	6:11	9.7 (64.7%)
166	KOKOWSKI Jacek	1344		M3 40-49	35	00:00:17	00:29:56	01:01:56.35	01:02:14.30	+00:21:49 (35.2%)	6:11	9.7 (64.7%)
167	DZIEMIANKO Ilona	617		K1 16-29	3	00:00:32	00:30:55	01:01:57.65	01:02:30.50	+00:21:51 (35.3%)	6:11	9.7 (64.7%)
167	SCHERFENBERG-KERL Katarzyna	965		K2 30-39	10	00:00:03	00:30:56	01:01:57.65	01:02:01.00	+00:21:51 (35.3%)	6:11	9.7 (64.7%)
169	LUDWICZAK Jarosław	800	KOŚCIAN TEAM	M2 30-39	68	00:00:07	00:31:00	01:02:04.45	01:02:11.80	+00:21:58 (35.4%)	6:12	9.7 (64.7%)
170	KRZYWIEC Marcin	1347		M2 30-39	69	00:00:06	00:29:32	01:02:04.70	01:02:11.00	+00:21:58 (35.4%)	6:12	9.7 (64.7%)
171	ZARĘBA Piotr	1110	KP PSP POLICE	M2 30-39	70	00:00:08	00:32:13	01:02:18.20	01:02:26.30	+00:22:11 (35.6%)	6:13	9.6 (64.0%)
172	GERLICH Michael	637	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	15	00:00:05	00:30:09	01:02:22.80	01:02:28.65	+00:22:16 (35.7%)	6:14	9.6 (64.0%)
173	ABRAMOWICZ Tomasz	1152		M2 30-39	71	00:00:13	00:31:16	01:02:25.00	01:02:38.15	+00:22:18 (35.7%)	6:14	9.6 (64.0%)
174	KRYSIAK Dawid	1304	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	72	00:00:21	00:31:46	01:02:27.05	01:02:48.15	+00:22:20 (35.8%)	6:14	9.6 (64.0%)
175	SOWISZ Adrianna	995	SOWISZ TEAM	K1 16-29	4	00:00:27	00:31:03	01:02:33.70	01:03:01.35	+00:22:27 (35.9%)	6:15	9.6 (64.0%)
176	ZGUTKA Tomasz	1116	HUSARIA RACE TEAM	M3 40-49	36	00:00:04	00:30:07	01:02:36.00	01:02:40.35	+00:22:29 (35.9%)	6:15	9.6 (64.0%)
177	MAJDAN-ADAMSKA Agnieszka	816	HUSARIA RACE TEAM	K2 30-39	11	00:00:04	00:30:07	01:02:36.15	01:02:40.55	+00:22:29 (35.9%)	6:15	9.6 (64.0%)
178	REMLAJN Adam	943	GRUPA MALBORK	M3 40-49	37	00:00:12	00:30:45	01:02:39.85	01:02:52.10	+00:22:33 (36.0%)	6:16	9.6 (64.0%)
179	HERMANOWICZ Miłosz	670	ZS ZWYROLE	M2 30-39	73	00:00:07	00:31:08	01:02:42.35	01:02:50.30	+00:22:35 (36.0%)	6:16	9.6 (64.0%)
180	KOCZKODAJ Kamil	733		M2 30-39	74	00:00:28	00:31:03	01:02:58.40	01:03:27.25	+00:22:51 (36.3%)	6:17	9.5 (63.3%)
181	SZKUTNIK Arkadiusz	1019	2 BRYGADA ZMECHANIZOWANA	M4 50-59	16	00:00:02	00:31:00	01:03:05.35	01:03:07.80	+00:22:58 (36.4%)	6:18	9.5 (63.3%)
182	GRABOWSKA Joanna	648	SPC	K3 40-49	5	00:00:10	00:31:06	01:03:11.30	01:03:21.40	+00:23:04 (36.5%)	6:19	9.5 (63.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
183	<b>BOSENKO Dmitriy</b>	<b>553</b>	DZIKI WROCŁAW	M2 30-39	75	00:00:48	00:31:24	<b>01:03:13.65</b>	<b>01:04:02.10</b>	+00:23:07 (36.6%)	6:19	9.5 (63.3%)
184	<b>QUESADO Paulo</b>	<b>939</b>	DZIKI WROCLAW	M2 30-39	76	00:00:47	00:32:03	<b>01:03:15.10</b>	<b>01:04:02.25</b>	+00:23:08 (36.6%)	6:19	9.5 (63.3%)
185		<b>1499</b>				00:00:08	00:30:47	<b>01:03:20.70</b>	<b>01:03:29.05</b>	+00:23:14 (36.7%)	6:20	9.5 (63.3%)
186	<b>LACHOWICZ Blanka</b>	<b>785</b>	HUSARIA RACE TEAM	K2 30-39	12	00:00:06	00:30:24	<b>01:03:21.05</b>	<b>01:03:27.55</b>	+00:23:14 (36.7%)	6:20	9.5 (63.3%)
187	<b>RUTKOWSKA Anna</b>	<b>954</b>	WATAHA WAŁCZ	K4 50-59	1	00:00:17	00:31:00	<b>01:03:22.40</b>	<b>01:03:39.45</b>	+00:23:15 (36.7%)	6:20	9.5 (63.3%)
188	<b>SURGUCKA Iwona</b>	<b>1011</b>	W POGONI ZA DUCHEM	K3 40-49	6	00:00:31	00:32:09	<b>01:03:24.65</b>	<b>01:03:56.30</b>	+00:23:18 (36.7%)	6:20	9.5 (63.3%)
189	<b>KLEPAKI Bartosz</b>	<b>723</b>		M2 30-39	77	00:00:34	00:31:31	<b>01:03:29.00</b>	<b>01:04:03.30</b>	+00:23:22 (36.8%)	6:20	9.5 (63.3%)
190	<b>SKOKOWSKI Jacek</b>	<b>976</b>	ŚRUNDUNIA SZCZECIN	M4 50-59	17	00:00:21	00:31:54	<b>01:03:29.85</b>	<b>01:03:51.40</b>	+00:23:23 (36.8%)	6:21	9.4 (62.7%)
191	<b>KOZŁOWSKA Justyna</b>	<b>753</b>	KLUB BIEGOWY WIKON NOWA SÓL	K1 16-29	5	00:00:10	00:31:25	<b>01:03:34.55</b>	<b>01:03:44.65</b>	+00:23:28 (36.9%)	6:21	9.4 (62.7%)
192	<b>MAŁOCHA Klaudyna</b>	<b>822</b>	BIEGACZE ŚWINOUJŚCIE	K1 16-29	6	00:00:00	00:30:42	<b>01:03:38.85</b>	<b>01:03:38.85</b>	+00:23:32 (37.0%)	6:21	9.4 (62.7%)
193	<b>BLEW Wojciech</b>	<b>1334</b>		M4 50-59	18	00:00:36	00:31:47	<b>01:03:40.45</b>	<b>01:04:17.15</b>	+00:23:34 (37.0%)	6:22	9.4 (62.7%)
194	<b>RASZEWSKI Damian</b>	<b>941</b>		M2 30-39	78	00:00:12	00:31:55	<b>01:03:42.60</b>	<b>01:03:54.75</b>	+00:23:36 (37.0%)	6:22	9.4 (62.7%)
195	<b>JAKUBIAK Anna</b>	<b>679</b>	RAZ SZCZECIN	K4 50-59	2	00:00:19	00:31:10	<b>01:03:43.85</b>	<b>01:04:02.90</b>	+00:23:37 (37.1%)	6:22	9.4 (62.7%)
196	<b>TOMCZAK Artur</b>	<b>1038</b>	OSP OCIESZYN	M2 30-39	79	00:00:09	00:31:04	<b>01:03:44.10</b>	<b>01:03:53.10</b>	+00:23:37 (37.1%)	6:22	9.4 (62.7%)
197	<b>FRYDRYCH Michał</b>	<b>625</b>	FC AQUILA SZCZECIN	M2 30-39	80	00:00:10	00:30:42	<b>01:03:49.55</b>	<b>01:04:00.25</b>	+00:23:43 (37.2%)	6:23	9.4 (62.7%)
198	<b>LEWANDOWSKI Bartosz</b>	<b>794</b>	OCR TEAM WŁOCLAWEK	M1 16-29	33	00:00:12	00:30:18	<b>01:03:49.90</b>	<b>01:04:01.95</b>	+00:23:43 (37.2%)	6:22	9.4 (62.7%)
198	<b>ŁAWNICZAK Sebastian</b>	<b>801</b>		M3 40-49	38	00:00:42	00:30:27	<b>01:03:49.90</b>	<b>01:04:31.95</b>	+00:23:43 (37.2%)	6:22	9.4 (62.7%)
200	<b>ZIÓŁKOWSKI Filip</b>	<b>1118</b>	12 BATALION DOWODZENIA UŁANÓW PODOLSKICH	M2 30-39	81	00:00:18	00:31:08	<b>01:03:51.35</b>	<b>01:04:09.60</b>	+00:23:44 (37.2%)	6:23	9.4 (62.7%)
201	<b>MAJCHER Piotr</b>	<b>815</b>	PIŁA TEAM	M3 40-49	39	00:00:02	00:31:01	<b>01:03:55.60</b>	<b>01:03:58.50</b>	+00:23:49 (37.3%)	6:23	9.4 (62.7%)
202	<b>BOCK Agnieszka</b>	<b>546</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	K2 30-39	13	00:00:07	00:30:53	<b>01:03:58.85</b>	<b>01:04:06.65</b>	+00:23:52 (37.3%)	6:23	9.4 (62.7%)
203	<b>KAMIŃSKI Kacper</b>	<b>710</b>		M2 30-39	82	00:00:15	00:31:22	<b>01:04:04.75</b>	<b>01:04:20.25</b>	+00:23:58 (37.4%)	6:24	9.4 (62.7%)
204	<b>BOCK Udo</b>	<b>547</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	40	00:00:00	00:31:00	<b>01:04:06.50</b>	<b>01:04:06.50</b>	+00:24:00 (37.4%)	6:24	9.4 (62.7%)
205	<b>JODŁOWSKA Ewa</b>	<b>700</b>		K2 30-39	14	00:00:20	00:32:08	<b>01:04:11.25</b>	<b>01:04:31.30</b>	+00:24:04 (37.5%)	6:25	9.3 (62.0%)
206	<b>ULASS Robert</b>	<b>1046</b>		M3 40-49	41	00:00:23	00:32:01	<b>01:04:12.90</b>	<b>01:04:36.15</b>	+00:24:06 (37.5%)	6:25	9.3 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
207	PEDA Leszek	902		M5 60+	4	00:00:18	00:32:10	01:04:19.70	01:04:37.75	+00:24:13 (37.7%)	6:25	9.3 (62.0%)
208	BŁAŻEJEWSKI Wojciech	543		M2 30-39	83	00:00:30	00:32:54	01:04:21.50	01:04:51.50	+00:24:15 (37.7%)	6:26	9.3 (62.0%)
209	SKOCZYLAS Patryk	975	INCOM POLSKA	M1 16-29	34	00:00:26	00:32:45	01:04:21.60	01:04:48.00	+00:24:15 (37.7%)	6:26	9.3 (62.0%)
210	ADAMSKA Barbara	503	DUOLIFE TEAM	K1 16-29	7	00:00:02	00:30:20	01:04:22.15	01:04:25.05	+00:24:15 (37.7%)	6:26	9.3 (62.0%)
211	ZIELIŃSKA Michał	1117		M1 16-29	35	00:01:00	00:34:59	01:04:22.30	01:05:22.60	+00:24:15 (37.7%)	6:26	9.3 (62.0%)
212	ŻELISKO Łukasz	1124	2KPZMOT	M1 16-29	36	00:00:11	00:30:54	01:04:22.80	01:04:34.25	+00:24:16 (37.7%)	6:26	9.3 (62.0%)
213	MURAWSKA Wioletta	852	KB DZIK POLICE	K4 50-59	3	00:00:05	00:31:17	01:04:25.80	01:04:31.50	+00:24:19 (37.8%)	6:26	9.3 (62.0%)
214	SKRZYPIEC Andrzej	981	MKL MARATON ŚWINOUJŚCIE	M5 60+	5	00:00:40	00:32:34	01:04:27.55	01:05:08.10	+00:24:21 (37.8%)	6:26	9.3 (62.0%)
215	MĄDRAWSKI Tomasz	836		M3 40-49	42	00:00:06	00:31:30	01:04:30.00	01:04:36.75	+00:24:23 (37.8%)	6:27	9.3 (62.0%)
216	CZYNSZAK Krystian	1146		M3 40-49	43	00:00:58	00:33:58	01:04:35.20	01:05:33.55	+00:24:28 (37.9%)	6:27	9.3 (62.0%)
217	PIEKARSKI Kamil	908		M2 30-39	84	00:00:07	00:32:00	01:04:36.20	01:04:43.65	+00:24:29 (37.9%)	6:27	9.3 (62.0%)
218	KRAWIEC Mateusz	757		M1 16-29	37	00:00:15	00:33:07	01:04:37.50	01:04:53.10	+00:24:31 (37.9%)	6:27	9.3 (62.0%)
219	PILAWSKI Piotr	1352		M1 16-29	38	00:00:29	00:32:11	01:04:37.75	01:05:07.65	+00:24:31 (37.9%)	6:27	9.3 (62.0%)
220	ZDUNEK Piotr	1112		M2 30-39	85	00:00:28	00:31:16	01:04:37.85	01:05:06.65	+00:24:31 (37.9%)	6:27	9.3 (62.0%)
221	KACZOR Mariusz	707	GIMELA TEAM	M2 30-39	86	00:00:25	00:32:22	01:04:40.95	01:05:06.05	+00:24:34 (38.0%)	6:28	9.3 (62.0%)
222	SYCHEL Magdalena	1014		K2 30-39	15	00:00:10	00:32:05	01:04:42.90	01:04:53.00	+00:24:36 (38.0%)	6:28	9.3 (62.0%)
223	OLESZEK Krzysztof	883	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	87	00:00:58	00:33:58	01:04:43.50	01:05:41.55	+00:24:37 (38.0%)	6:28	9.3 (62.0%)
224	KOSTRZEWA Mariusz	744	DZIKIE WIEPRZE CRM	M3 40-49	44	00:00:02	00:29:46	01:04:45.65	01:04:48.30	+00:24:39 (38.1%)	6:28	9.3 (62.0%)
225	DOBRYCKI Piotr	599	BRIDGESTONE STARGARD RUNNERS	M3 40-49	45	00:00:45	00:32:23	01:04:47.25	01:05:32.85	+00:24:40 (38.1%)	6:28	9.3 (62.0%)
226	MAJKA Dariusz	817	HERR DARIUSZ	M2 30-39	88	00:00:13	00:32:47	01:04:49.00	01:05:02.65	+00:24:42 (38.1%)	6:28	9.3 (62.0%)
227	CHODYNIECKI Tomasz	572		M2 30-39	89	00:00:22	00:31:55	01:04:52.50	01:05:15.15	+00:24:46 (38.2%)	6:29	9.2 (61.3%)
228	KLIMEK Paweł	728		M2 30-39	90	00:00:41	00:34:16	01:04:59.20	01:05:40.65	+00:24:52 (38.3%)	6:29	9.2 (61.3%)
229	CZYŻEWSKI Mateusz	592		M2 30-39	91	00:00:30	00:31:44	01:05:06.95	01:05:37.25	+00:25:00 (38.4%)	6:30	9.2 (61.3%)
230	CZYŻEWSKA Mirosława	591		K2 30-39	16	00:00:30	00:31:44	01:05:08.35	01:05:39.30	+00:25:01 (38.4%)	6:30	9.2 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
231	<b>MATUSZAK Mateusz</b>	<b>833</b>	MATUSZAK TEAM	M1 16-29	39	00:00:32	00:33:20	<b>01:05:15.75</b>	<b>01:05:48.20</b>	+00:25:09 (38.5%)	6:31	9.2 (61.3%)
232	<b>KUCHARCZYK Robert</b>	<b>764</b>	RUNGRYF	M3 40-49	46	00:00:11	00:32:42	<b>01:05:19.05</b>	<b>01:05:30.40</b>	+00:25:12 (38.6%)	6:31	9.2 (61.3%)
233	<b>CARŁO Marcin</b>	<b>568</b>	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49	47	00:00:12	00:34:55	<b>01:05:19.40</b>	<b>01:05:31.75</b>	+00:25:12 (38.6%)	6:31	9.2 (61.3%)
234	<b>HAJDUK Maciej</b>	<b>663</b>		M3 40-49	48	00:00:19	00:32:01	<b>01:05:24.50</b>	<b>01:05:44.25</b>	+00:25:18 (38.7%)	6:32	9.2 (61.3%)
235	<b>MASZKIEWICZ Mariusz</b>	<b>831</b>	DZIKI WROCŁAW	M1 16-29	40	00:00:47	00:31:46	<b>01:05:25.30</b>	<b>01:06:13.10</b>	+00:25:18 (38.7%)	6:32	9.2 (61.3%)
236	<b>MLECZEK Roman</b>	<b>846</b>	BABINEK BIEGA	M3 40-49	49	00:00:16	00:33:03	<b>01:05:30.65</b>	<b>01:05:47.60</b>	+00:25:24 (38.8%)	6:33	9.2 (61.3%)
237	<b>BUDNY Wojciech</b>	<b>562</b>		M2 30-39	92	00:00:04	00:30:40	<b>01:05:37.45</b>	<b>01:05:42.35</b>	+00:25:31 (38.9%)	6:33	9.1 (60.7%)
238	<b>SZYMAŃSKA Jolanta</b>	<b>1023</b>		K2 30-39	17	00:00:32	00:32:48	<b>01:05:39.90</b>	<b>01:06:12.05</b>	+00:25:33 (38.9%)	6:34	9.1 (60.7%)
239	<b>ŻUROWSKA Agnieszka</b>	<b>1126</b>		K3 40-49	7	00:00:24	00:32:39	<b>01:05:44.20</b>	<b>01:06:08.50</b>	+00:25:37 (39.0%)	6:34	9.1 (60.7%)
240	<b>STROJNA-GRZYBOWSKA Marta</b>	<b>1009</b>	KALMAR RUNNERS	K2 30-39	18	00:00:08	00:32:22	<b>01:05:45.85</b>	<b>01:05:54.45</b>	+00:25:39 (39.0%)	6:34	9.1 (60.7%)
241	<b>MARTUSZEWSKI Ryszard</b>	<b>827</b>		M3 40-49	50	00:00:28	00:30:23	<b>01:05:52.30</b>	<b>01:06:20.65</b>	+00:25:45 (39.1%)	6:35	9.1 (60.7%)
242	<b>NASKRĘT Dariusz</b>	<b>863</b>		M3 40-49	51	00:00:31	00:33:59	<b>01:06:01.65</b>	<b>01:06:33.50</b>	+00:25:55 (39.3%)	6:36	9.1 (60.7%)
243	<b>MOSZYŃSKI Patryk</b>	<b>850</b>	HUSARIA RACE TEAM	M1 16-29	41	00:00:19	00:30:34	<b>01:06:01.95</b>	<b>01:06:21.30</b>	+00:25:55 (39.3%)	6:36	9.1 (60.7%)
244	<b>SZWARC Ewa</b>	<b>1356</b>		K2 30-39	19	00:00:14	00:32:34	<b>01:06:05.00</b>	<b>01:06:19.15</b>	+00:25:58 (39.3%)	6:36	9.1 (60.7%)
245	<b>LANG Monika</b>	<b>786</b>	AWL	K1 16-29	8	00:00:57	00:33:03	<b>01:06:07.40</b>	<b>01:07:04.70</b>	+00:26:00 (39.3%)	6:36	9.1 (60.7%)
246	<b>BIRULA Michał</b>	<b>538</b>		M2 30-39	93	00:00:03	00:30:48	<b>01:06:13.40</b>	<b>01:06:17.20</b>	+00:26:06 (39.4%)	6:37	9.1 (60.7%)
247	<b>OGRODZIŃSKI Przemysław</b>	<b>880</b>		M2 30-39	94	00:00:11	00:33:42	<b>01:06:16.85</b>	<b>01:06:28.50</b>	+00:26:10 (39.5%)	6:37	9.1 (60.7%)
248	<b>KASPRZYK Bogdan</b>	<b>1426</b>	KM PSP KOSZALIN	M3 40-49	52	00:00:18	00:33:12	<b>01:06:27.55</b>	<b>01:06:46.30</b>	+00:26:21 (39.7%)	6:38	9 (60.0%)
249	<b>GOZDYRA Darek</b>	<b>646</b>		M3 40-49	53	00:00:20	00:31:49	<b>01:06:31.25</b>	<b>01:06:52.15</b>	+00:26:24 (39.7%)	6:39	9 (60.0%)
250	<b>GŁADYSZ Jarosław</b>	<b>640</b>		M2 30-39	95	00:00:19	00:31:30	<b>01:06:37.55</b>	<b>01:06:57.05</b>	+00:26:31 (39.8%)	6:39	9 (60.0%)
251	<b>KURDZIEL Michał</b>	<b>777</b>		M2 30-39	96	00:00:53	00:33:47	<b>01:06:40.90</b>	<b>01:07:34.25</b>	+00:26:34 (39.9%)	6:40	9 (60.0%)
252	<b>KAWECKA Anna</b>	<b>1386</b>	KOBIECE BIEGANIE	K2 30-39	20	00:00:21	00:33:30	<b>01:06:41.40</b>	<b>01:07:03.05</b>	+00:26:34 (39.9%)	6:40	9 (60.0%)
253	<b>ŻYLUK-GADOWSKA Paulina</b>	<b>1129</b>	NIE PROWOKUJ LOCHY	K2 30-39	21	00:00:12	00:33:09	<b>01:06:45.55</b>	<b>01:06:58.20</b>	+00:26:39 (39.9%)	6:40	9 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
254	<b>GADOWSKI Wojciech</b>	<b>628</b>	NIE PROWOKUJ LOCHY	M2 30-39	97	00:00:13	00:33:08	<b>01:06:45.65</b>	<b>01:06:58.65</b>	+00:26:39 (39.9%)	6:40	9 (60.0%)
255	<b>HNAT Rafał</b>	<b>671</b>	WATAHA WAŁCZ	M3 40-49	54	00:00:19	00:31:34	<b>01:06:46.25</b>	<b>01:07:05.55</b>	+00:26:39 (39.9%)	6:40	9 (60.0%)
256	<b>ŚWIERCZ Dariusz</b>	<b>1030</b>	WATACHA WAŁCZ	M4 50-59	19	00:00:17	00:32:00	<b>01:06:48.05</b>	<b>01:07:05.50</b>	+00:26:41 (40.0%)	6:40	9 (60.0%)
257	<b>KAMIONKA Andrzej</b>	<b>711</b>	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	98	00:00:11	00:32:42	<b>01:06:48.90</b>	<b>01:07:00.60</b>	+00:26:42 (40.0%)	6:40	9 (60.0%)
258	<b>BILIŃSKI Zbigniew</b>	<b>536</b>		M4 50-59	20	00:00:35	00:33:12	<b>01:06:50.70</b>	<b>01:07:26.10</b>	+00:26:44 (40.0%)	6:41	9 (60.0%)
259	<b>PTAK Daniel</b>	<b>933</b>	HUSARIA RACE TEAM	M2 30-39	99	00:00:13	00:31:58	<b>01:06:51.10</b>	<b>01:07:04.65</b>	+00:26:44 (40.0%)	6:41	9 (60.0%)
260	<b>PTAK Patrycja</b>	<b>932</b>	HUSARIA RACE TEAM	K2 30-39	22	00:00:12	00:31:59	<b>01:06:51.85</b>	<b>01:07:04.70</b>	+00:26:45 (40.0%)	6:41	9 (60.0%)
261	<b>WIECZOREK Jakub</b>	<b>1063</b>		M1 16-29	42	00:00:17	00:33:25	<b>01:07:01.15</b>	<b>01:07:18.80</b>	+00:26:54 (40.2%)	6:42	9 (60.0%)
262	<b>ORNATEK Paweł</b>	<b>887</b>		M2 30-39	100	00:00:26	00:33:53	<b>01:07:04.95</b>	<b>01:07:31.30</b>	+00:26:58 (40.2%)	6:42	8.9 (59.3%)
263	<b>KOLEJ Monika</b>	<b>734</b>	DZIKIE DZIKI GORZÓW	K3 40-49	8	00:00:00	00:33:31	<b>01:07:06.20</b>	<b>01:07:06.20</b>	+00:26:59 (40.2%)	6:42	8.9 (59.3%)
264	<b>MOSKWA Martyna</b>	<b>848</b>	GO SPORT/MASZ PRZEBIEGANE	K1 16-29	9	00:00:11	00:33:42	<b>01:07:06.35</b>	<b>01:07:17.40</b>	+00:26:59 (40.2%)	6:42	8.9 (59.3%)
265	<b>BRATKO Przemysław</b>	<b>554</b>		M1 16-29	43	00:00:43	00:33:07	<b>01:07:07.05</b>	<b>01:07:50.90</b>	+00:27:00 (40.2%)	6:42	8.9 (59.3%)
266	<b>GÓRNIAK Joanna</b>	<b>1391</b>		K4 50-59	4	00:00:03	00:32:48	<b>01:07:15.60</b>	<b>01:07:19.10</b>	+00:27:09 (40.4%)	6:43	8.9 (59.3%)
267	<b>CIESZYŃSKI Wojciech</b>	<b>582</b>		M3 40-49	55	00:00:16	00:31:43	<b>01:07:16.15</b>	<b>01:07:33.00</b>	+00:27:09 (40.4%)	6:43	8.9 (59.3%)
268	<b>FUDRO Edward</b>	<b>627</b>		M5 60+	6	00:00:34	00:33:21	<b>01:07:23.30</b>	<b>01:07:58.20</b>	+00:27:16 (40.5%)	6:44	8.9 (59.3%)
269	<b>KORZENIAK Wojciech</b>	<b>741</b>		M1 16-29	44	00:00:36	00:33:56	<b>01:07:26.85</b>	<b>01:08:02.95</b>	+00:27:20 (40.5%)	6:44	8.9 (59.3%)
270	<b>MIKICIUK Natalia</b>	<b>841</b>		K1 16-29	10	00:00:35	00:33:57	<b>01:07:26.95</b>	<b>01:08:02.65</b>	+00:27:20 (40.5%)	6:44	8.9 (59.3%)
271	<b>ORNATEK Łukasz</b>	<b>888</b>		M2 30-39	101	00:00:26	00:33:54	<b>01:07:30.20</b>	<b>01:07:56.65</b>	+00:27:23 (40.6%)	6:45	8.9 (59.3%)
272	<b>STRZEMIŃSKI Bartłomiej</b>	<b>1010</b>		M1 16-29	45	00:00:24	00:33:30	<b>01:07:32.75</b>	<b>01:07:57.05</b>	+00:27:26 (40.6%)	6:45	8.9 (59.3%)
273	<b>KOWALSKI Daniel</b>	<b>749</b>	DRAGON 10	M2 30-39	102	00:00:18	00:31:10	<b>01:07:35.70</b>	<b>01:07:54.20</b>	+00:27:29 (40.7%)	6:45	8.9 (59.3%)
274	<b>SOWA Krzysztof</b>	<b>992</b>		M2 30-39	103	00:00:17	00:32:33	<b>01:07:42.20</b>	<b>01:07:59.95</b>	+00:27:35 (40.8%)	6:46	8.9 (59.3%)
275	<b>BLOK Mariusz</b>	<b>1252</b>		M2 30-39	104	00:00:19	00:32:09	<b>01:07:47.80</b>	<b>01:08:06.80</b>	+00:27:41 (40.8%)	6:46	8.9 (59.3%)
276	<b>SITEK Alfred</b>	<b>971</b>		M2 30-39	105	00:00:43	00:33:14	<b>01:07:48.90</b>	<b>01:08:32.05</b>	+00:27:42 (40.9%)	6:46	8.8 (58.7%)
277	<b>KUSTRA Paulina</b>	<b>1392</b>	BBL POLICE	Rodzina K+K	1	00:00:08	00:32:43	<b>01:07:50.10</b>	<b>01:07:58.85</b>	+00:27:43 (40.9%)	6:47	8.8 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
278	<b>HRYNIŁO Marcin</b>	<b>1407</b>	BEMO MOTORS	M3 40-49	56	00:00:36	00:34:57	<b>01:08:10.20</b>	<b>01:08:46.35</b>	+00:28:03 (41.2%)	6:49	8.8 (58.7%)
279	<b>DIKTA Anna</b>	<b>596</b>	23. BAZA LOTNICTWA TAKTYCZNEGO	K1 16-29	11	00:00:47	00:33:12	<b>01:08:11.55</b>	<b>01:08:59.20</b>	+00:28:05 (41.2%)	6:49	8.8 (58.7%)
280	<b>MAKSAJDA Dariusz</b>	<b>818</b>		M3 40-49	57	00:00:24	00:34:00	<b>01:08:15.55</b>	<b>01:08:40.25</b>	+00:28:09 (41.2%)	6:49	8.8 (58.7%)
281	<b>KLIMEK Krzysztof</b>	<b>727</b>		M3 40-49	58	00:00:56	00:34:39	<b>01:08:15.75</b>	<b>01:09:12.65</b>	+00:28:09 (41.2%)	6:49	8.8 (58.7%)
282	<b>JAROSŁAWSKA Sandra</b>	<b>687</b>		K1 16-29	12	00:00:10	00:33:13	<b>01:08:16.55</b>	<b>01:08:27.30</b>	+00:28:10 (41.3%)	6:49	8.8 (58.7%)
283	<b>BUBEŁA Tomasz</b>	<b>1335</b>		M3 40-49	59	00:00:34	00:33:41	<b>01:08:20.75</b>	<b>01:08:55.35</b>	+00:28:14 (41.3%)	6:50	8.8 (58.7%)
284	<b>RYŻ Arkadiusz</b>	<b>956</b>		M2 30-39	106	00:00:07	00:30:41	<b>01:08:26.35</b>	<b>01:08:33.50</b>	+00:28:19 (41.4%)	6:50	8.8 (58.7%)
285	<b>TOMCZAK Joanna</b>	<b>1039</b>	OSP OCIESZYN	K2 30-39	23	00:00:09	00:32:58	<b>01:08:36.95</b>	<b>01:08:46.15</b>	+00:28:30 (41.5%)	6:51	8.7 (58.0%)
286	<b>STEFAŃCZYK Przemysław</b>	<b>1002</b>	GAZELA ŚWINOUJŚCIE	M3 40-49	60	00:00:17	00:33:19	<b>01:08:38.65</b>	<b>01:08:55.80</b>	+00:28:32 (41.6%)	6:51	8.7 (58.0%)
287	<b>STEFAŃCZYK Małgorzata</b>	<b>1001</b>	GAZELA ŚWINOUJŚCIE	K3 40-49	9	00:00:16	00:33:20	<b>01:08:39.10</b>	<b>01:08:55.70</b>	+00:28:32 (41.6%)	6:51	8.7 (58.0%)
288	<b>GONTEK Łukasz</b>	<b>643</b>	ŁOSOŚ T.E.A.M.	M2 30-39	107	00:00:08	00:33:48	<b>01:08:43.75</b>	<b>01:08:51.85</b>	+00:28:37 (41.6%)	6:52	8.7 (58.0%)
289	<b>KRUBER Piotr</b>	<b>758</b>		M2 30-39	108	00:00:13	00:33:42	<b>01:08:49.25</b>	<b>01:09:02.30</b>	+00:28:42 (41.7%)	6:52	8.7 (58.0%)
290	<b>PAWŁASZEK Lech</b>	<b>898</b>	DRUŻYNA P	M2 30-39	109	00:00:23	00:31:07	<b>01:08:49.40</b>	<b>01:09:12.65</b>	+00:28:42 (41.7%)	6:52	8.7 (58.0%)
290	<b>KRUBER Katarzyna</b>	<b>759</b>		K2 30-39	24	00:00:12	00:33:43	<b>01:08:49.40</b>	<b>01:09:02.25</b>	+00:28:42 (41.7%)	6:53	8.7 (58.0%)
292	<b>BIAŁKOWSKA Katarzyna</b>	<b>1151</b>	KOBIECE BIEGANIE	K3 40-49	10	00:00:38	00:33:15	<b>01:08:50.30</b>	<b>01:09:28.65</b>	+00:28:43 (41.7%)	6:53	8.7 (58.0%)
293	<b>SZULC Marcin</b>	<b>1021</b>		M2 30-39	110	00:00:29	00:32:40	<b>01:08:56.70</b>	<b>01:09:26.60</b>	+00:28:50 (41.8%)	6:53	8.7 (58.0%)
294	<b>PYREK Iwona</b>	<b>938</b>		K2 30-39	25	00:00:23	00:34:02	<b>01:08:59.10</b>	<b>01:09:22.50</b>	+00:28:52 (41.9%)	6:53	8.7 (58.0%)
295	<b>PIERŚCIŃSKI Sławomir</b>	<b>910</b>		M3 40-49	61	00:00:32	00:34:15	<b>01:09:01.05</b>	<b>01:09:33.25</b>	+00:28:54 (41.9%)	6:54	8.7 (58.0%)
296	<b>KUCZA Szymon</b>	<b>767</b>	2 KPZMOT	M1 16-29	46	00:00:11	00:31:29	<b>01:09:14.95</b>	<b>01:09:25.95</b>	+00:29:08 (42.1%)	6:55	8.7 (58.0%)
297	<b>WOJSZCZYK Marlena</b>	<b>1079</b>	TRYTON BIKE TEAM	K2 30-39	26	00:00:47	00:35:19	<b>01:09:15.45</b>	<b>01:10:02.95</b>	+00:29:09 (42.1%)	6:55	8.7 (58.0%)
298	<b>CHUDZIŃSKI Bartosz</b>	<b>577</b>		M3 40-49	62	00:00:27	00:35:37	<b>01:09:18.75</b>	<b>01:09:46.45</b>	+00:29:12 (42.1%)	6:55	8.7 (58.0%)
299	<b>BOBROWICZ Jakub</b>	<b>545</b>	T.CH. SZCZECIN	M2 30-39	111	00:00:05	00:32:21	<b>01:09:21.15</b>	<b>01:09:26.70</b>	+00:29:14 (42.2%)	6:56	8.7 (58.0%)
300	<b>ROGOWSKA Agnieszka</b>	<b>945</b>	PIĘKNI I BESTIE	K2 30-39	27	00:00:37	00:34:09	<b>01:09:21.60</b>	<b>01:09:58.85</b>	+00:29:15 (42.2%)	6:56	8.7 (58.0%)
301	<b>BŁAZIAK Sebastian</b>	<b>542</b>		M2 30-39	112	00:00:54	00:35:29	<b>01:09:22.10</b>	<b>01:10:17.00</b>	+00:29:15 (42.2%)	6:56	8.6 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
302	<b>WRÓBLEWSKI Jarosław</b>	<b>1098</b>	RAZ SZCZECIN	M3 40-49	63	00:00:19	00:33:25	<b>01:09:36.90</b>	<b>01:09:56.80</b>	+00:29:30 (42.4%)	6:57	8.6 (57.3%)
303	<b>JAWORSKI Dawid</b>	<b>1400</b>	SZMERF	M1 16-29	47	00:00:39	00:31:21	<b>01:09:38.20</b>	<b>01:10:17.80</b>	+00:29:31 (42.4%)	6:57	8.6 (57.3%)
304	<b>BOBEL Urszula</b>	<b>544</b>		K2 30-39	28	00:00:32	00:34:30	<b>01:09:39.05</b>	<b>01:10:12.00</b>	+00:29:32 (42.4%)	6:58	8.6 (57.3%)
305	<b>ŁUKASZEWSKI Michał</b>	<b>809</b>		M2 30-39	113	00:00:28	00:33:21	<b>01:09:46.35</b>	<b>01:10:15.00</b>	+00:29:39 (42.5%)	6:58	8.6 (57.3%)
306	<b>WYSZKOWSKI Michał</b>	<b>1102</b>		M2 30-39	114	00:00:54	00:35:44	<b>01:09:52.10</b>	<b>01:10:46.55</b>	+00:29:45 (42.6%)	6:59	8.6 (57.3%)
307	<b>DOMAGALSKI Sławomir</b>	<b>604</b>	SKB DZIK	M3 40-49	64	00:00:21	00:33:23	<b>01:09:54.45</b>	<b>01:10:15.75</b>	+00:29:48 (42.6%)	6:59	8.6 (57.3%)
308	<b>WILCZOPOLSKI Kamil</b>	<b>1265</b>		M1 16-29	48	00:00:29	00:33:03	<b>01:09:55.65</b>	<b>01:10:25.25</b>	+00:29:49 (42.6%)	6:59	8.6 (57.3%)
309	<b>TRUKAWKA Andrzej</b>	<b>1040</b>		M2 30-39	115	00:00:26	00:33:22	<b>01:09:58.75</b>	<b>01:10:25.70</b>	+00:29:52 (42.7%)	6:59	8.6 (57.3%)
310	<b>ZEMANKIEWICZ Łukasz</b>	<b>1114</b>	KANAŁ 6AM	M2 30-39	116	00:00:22	00:33:03	<b>01:10:06.20</b>	<b>01:10:28.65</b>	+00:29:59 (42.8%)	7:00	8.6 (57.3%)
311	<b>MAŁOCHA Mariusz</b>	<b>821</b>	DZIADY OCR	M3 40-49	65	00:00:26	00:34:20	<b>01:10:12.60</b>	<b>01:10:39.45</b>	+00:30:06 (42.9%)	7:01	8.5 (56.7%)
312	<b>MAŁOCHA Adam</b>	<b>823</b>	BIEGACZE ŚWINOUJŚCIE	M1 16-29	49	00:00:26	00:34:20	<b>01:10:12.85</b>	<b>01:10:38.95</b>	+00:30:06 (42.9%)	7:01	8.5 (56.7%)
313	<b>KNIOŁA Agnieszka</b>	<b>729</b>	PIŁA TEAM	K2 30-39	29	00:00:04	00:34:41	<b>01:10:15.05</b>	<b>01:10:19.35</b>	+00:30:08 (42.9%)	7:01	8.5 (56.7%)
314	<b>MATUSZAK Anita</b>	<b>832</b>		K3 40-49	11	00:00:31	00:34:16	<b>01:10:20.90</b>	<b>01:10:52.00</b>	+00:30:14 (43.0%)	7:02	8.5 (56.7%)
315	<b>MATYSIAK Sławomir</b>	<b>835</b>		M2 30-39	117	00:00:19	00:35:14	<b>01:10:23.75</b>	<b>01:10:43.10</b>	+00:30:17 (43.0%)	7:02	8.5 (56.7%)
316	<b>JĘDRYKA Anna</b>	<b>698</b>		K1 16-29	13	00:00:17	00:35:16	<b>01:10:25.05</b>	<b>01:10:42.80</b>	+00:30:18 (43.0%)	7:02	8.5 (56.7%)
317	<b>BIEGANSKI Tomasz</b>	<b>530</b>		M2 30-39	118	00:00:04	00:32:51	<b>01:10:32.55</b>	<b>01:10:36.60</b>	+00:30:26 (43.1%)	7:03	8.5 (56.7%)
318	<b>NIEWADZIK Ula</b>	<b>868</b>		K3 40-49	12	00:00:26	00:34:01	<b>01:10:39.40</b>	<b>01:11:05.50</b>	+00:30:32 (43.2%)	7:03	8.5 (56.7%)
319	<b>STRELCOW Krzysztof</b>	<b>1149</b>		M3 40-49	66	00:00:11	00:34:34	<b>01:10:42.65</b>	<b>01:10:54.10</b>	+00:30:36 (43.3%)	7:04	8.5 (56.7%)
320	<b>BAK Sebastian</b>	<b>526</b>	ŁOSOŚ T.E.A.M.	M2 30-39	119	00:00:08	00:34:29	<b>01:10:44.60</b>	<b>01:10:53.25</b>	+00:30:38 (43.3%)	7:04	8.5 (56.7%)
321	<b>CHODAK Monika</b>	<b>571</b>	HUSARIA RACE TEAM	K3 40-49	13	00:00:06	00:33:28	<b>01:10:48.20</b>	<b>01:10:55.05</b>	+00:30:41 (43.4%)	7:04	8.5 (56.7%)
322	<b>WOŁOSZYN Konrad</b>	<b>1085</b>	ADRENALINA TEAM	M3 40-49	67	00:00:20	00:33:32	<b>01:10:59.75</b>	<b>01:11:20.10</b>	+00:30:53 (43.5%)	7:06	8.5 (56.7%)
323	<b>JUSINSKA Anna</b>	<b>703</b>	KBSPRINT SWIDWIN	K3 40-49	14	00:00:31	00:35:45	<b>01:11:00.05</b>	<b>01:11:31.15</b>	+00:30:53 (43.5%)	7:06	8.5 (56.7%)
324	<b>SZCZYPEK Ola</b>	<b>1018</b>	ADRENALINA	K2 30-39	30	00:00:19	00:33:33	<b>01:11:00.50</b>	<b>01:11:20.10</b>	+00:30:54 (43.5%)	7:06	8.4 (56.0%)
325	<b>GAJEK Łukasz</b>	<b>629</b>	GIMELA TEAM	M2 30-39	120	00:00:25	00:37:32	<b>01:11:06.55</b>	<b>01:11:31.80</b>	+00:31:00 (43.6%)	7:06	8.4 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
326	<b>BIAZIK Piotr</b>	<b>529</b>		M2 30-39	121	00:00:24	00:37:33	<b>01:11:07.05</b>	<b>01:11:31.90</b>	+00:31:00 (43.6%)	7:06	8.4 (56.0%)
327	<b>WOJSZCZYK Michał</b>	<b>1078</b>	BRIDGESTONE STARGARD RUNNERS	M2 30-39	122	00:00:44	00:35:23	<b>01:11:08.25</b>	<b>01:11:52.95</b>	+00:31:01 (43.6%)	7:06	8.4 (56.0%)
328	<b>POSZUMSKA Gabriela</b>	<b>923</b>		K1 16-29	14	00:00:15	00:34:30	<b>01:11:10.65</b>	<b>01:11:26.30</b>	+00:31:04 (43.7%)	7:07	8.4 (56.0%)
329	<b>LIPSKI Łukasz</b>	<b>796</b>	BIEGOHOLLICA	M2 30-39	123	00:00:14	00:36:37	<b>01:11:10.95</b>	<b>01:11:25.20</b>	+00:31:04 (43.7%)	7:07	8.4 (56.0%)
330	<b>KOTWICKI Mariusz</b>	<b>747</b>		M2 30-39	124	00:00:44	00:35:27	<b>01:11:11.80</b>	<b>01:11:56.55</b>	+00:31:05 (43.7%)	7:07	8.4 (56.0%)
331	<b>JAKUBIK Anna</b>	<b>680</b>	HUSARIA RACE TEAM	K1 16-29	15	00:00:04	00:34:25	<b>01:11:25.80</b>	<b>01:11:30.70</b>	+00:31:19 (43.9%)	7:08	8.4 (56.0%)
332	<b>WRÓBLEWSKI Janusz</b>	<b>1099</b>	POŁUPIN	M4 50-59	21	00:00:20	00:34:24	<b>01:11:27.30</b>	<b>01:11:47.35</b>	+00:31:20 (43.9%)	7:08	8.4 (56.0%)
333	<b>ŻUROWSKI Jarosław</b>	<b>1127</b>		M3 40-49	68	00:00:26	00:35:21	<b>01:11:35.70</b>	<b>01:12:01.85</b>	+00:31:29 (44.0%)	7:09	8.4 (56.0%)
334	<b>SIELICKI Patryk</b>	<b>970</b>		M1 16-29	50	00:00:38	00:35:39	<b>01:11:37.65</b>	<b>01:12:16.10</b>	+00:31:31 (44.0%)	7:09	8.4 (56.0%)
335	<b>CIEŚLA Beata</b>	<b>583</b>	ZABIEGANI GOLENIÓW	K4 50-59	5	00:00:32	00:34:50	<b>01:11:41.55</b>	<b>01:12:13.80</b>	+00:31:35 (44.1%)	7:10	8.4 (56.0%)
336	<b>GEILICH Katja</b>	<b>634</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	K2 30-39	31	00:00:07	00:35:17	<b>01:11:46.40</b>	<b>01:11:54.35</b>	+00:31:39 (44.1%)	7:10	8.4 (56.0%)
337	<b>KOZAK Mirosław</b>	<b>752</b>		M2 30-39	125	00:00:28	00:34:49	<b>01:11:50.20</b>	<b>01:12:18.50</b>	+00:31:43 (44.2%)	7:11	8.4 (56.0%)
338	<b>WIECZOREK Mariusz</b>	<b>1060</b>		M3 40-49	69	00:00:34	00:34:03	<b>01:11:56.00</b>	<b>01:12:30.90</b>	+00:31:49 (44.2%)	7:11	8.3 (55.3%)
339	<b>FIJOLEK Krzysztof</b>	<b>623</b>	VIKING BIKE TEAM	M3 40-49	70	00:00:30	00:35:30	<b>01:11:58.05</b>	<b>01:12:28.10</b>	+00:31:51 (44.3%)	7:11	8.3 (55.3%)
340	<b>LEWANDOWSKA Dorota</b>	<b>792</b>	LOSZKI I WARCHLAKI	K3 40-49	15	00:00:37	00:35:40	<b>01:11:58.40</b>	<b>01:12:35.80</b>	+00:31:51 (44.3%)	7:11	8.3 (55.3%)
341	<b>GRALEWICZ Robert</b>	<b>650</b>	MUROWANE MORSY	M3 40-49	71	00:00:42	00:37:14	<b>01:12:03.75</b>	<b>01:12:46.05</b>	+00:31:57 (44.3%)	7:12	8.3 (55.3%)
342	<b>GUTOWSKI Paweł</b>	<b>662</b>	EMKA STARGARD	M2 30-39	126	00:00:48	00:38:27	<b>01:12:05.25</b>	<b>01:12:54.00</b>	+00:31:58 (44.4%)	7:12	8.3 (55.3%)
343	<b>ROSZAK Weronika</b>	<b>1354</b>	CIUWER TEAM	K1 16-29	16	00:00:28	00:36:18	<b>01:12:12.50</b>	<b>01:12:40.80</b>	+00:32:06 (44.5%)	7:13	8.3 (55.3%)
344	<b>WITKOWSKA Kamila</b>	<b>1075</b>		K2 30-39	32	00:00:09	00:35:43	<b>01:12:21.95</b>	<b>01:12:31.45</b>	+00:32:15 (44.6%)	7:14	8.3 (55.3%)
345	<b>SMOCZYK Łukasz</b>	<b>985</b>		M1 16-29	51	00:00:51	00:36:49	<b>01:12:24.80</b>	<b>01:13:16.55</b>	+00:32:18 (44.6%)	7:14	8.3 (55.3%)
346	<b>WOJCIECHOWSKI Krzysztof</b>	<b>1077</b>	STARGARD,JA SIĘ NIE ŚCIGAM	M4 50-59	22	00:00:56	00:38:16	<b>01:12:26.05</b>	<b>01:13:23.00</b>	+00:32:19 (44.6%)	7:14	8.3 (55.3%)
347	<b>WOJCIECHOWSKI Maksymilian</b>	<b>1411</b>	STARGARD JA SIĘ NIE SCIGAM	M1 16-29	52	00:00:56	00:38:17	<b>01:12:26.65</b>	<b>01:13:23.45</b>	+00:32:20 (44.6%)	7:14	8.3 (55.3%)
348	<b>PAWLUŚ Tomasz</b>	<b>897</b>	WOLNI W BIEGU	M2 30-39	127	00:00:30	00:35:49	<b>01:12:26.85</b>	<b>01:12:57.15</b>	+00:32:20 (44.6%)	7:14	8.3 (55.3%)
349	<b>ELERT Mariusz</b>	<b>620</b>	PAPRYKARZE	M2 30-39	128	00:00:20	00:33:09	<b>01:12:29.45</b>	<b>01:12:50.30</b>	+00:32:23 (44.7%)	7:15	8.3 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
350		1424				00:00:28	00:32:50	01:12:33.90	01:13:01.90	+00:32:27 (44.7%)	7:15	8.3 (55.3%)
351	ZABROCKI Karol	1105		M2 30-39	129	00:00:16	00:35:45	01:12:44.10	01:13:00.65	+00:32:37 (44.9%)	7:16	8.2 (54.7%)
352	MAJ Patryk	812	BAR DANCERZ	M1 16-29	53	00:00:10	00:34:46	01:12:52.95	01:13:03.85	+00:32:46 (45.0%)	7:17	8.2 (54.7%)
353	GUMOWSKI Daniel	1257		M3 40-49	72	00:00:06	00:34:14	01:12:56.90	01:13:03.55	+00:32:50 (45.0%)	7:17	8.2 (54.7%)
354	WIERZCHOWSKI Arkadiusz	1067	BRIDGESTONE STARGARD RUNNERS	M3 40-49	73	00:00:58	00:38:15	01:12:59.45	01:13:57.90	+00:32:53 (45.1%)	7:17	8.2 (54.7%)
355	BAUMGART Grzegorz	524	STARGARD. JA SIĘ NIE ŚCIGAM!	M2 30-39	130	00:00:56	00:38:17	01:13:00.45	01:13:56.90	+00:32:54 (45.1%)	7:18	8.2 (54.7%)
356	GANCKE Grzegorz	631		M3 40-49	74	00:00:10	00:32:08	01:13:03.30	01:13:13.90	+00:32:56 (45.1%)	7:18	8.2 (54.7%)
357	NICEWICZ Beata	865	UBAWIENI PO PACHY V	K3 40-49	16	00:00:40	00:34:59	01:13:05.35	01:13:45.75	+00:32:58 (45.1%)	7:18	8.2 (54.7%)
358	NASIADEK Arkadiusz	862		M3 40-49	75	00:00:29	00:35:51	01:13:06.40	01:13:35.55	+00:32:59 (45.1%)	7:18	8.2 (54.7%)
359	BŁASIAK Radosław	1133		M3 40-49	76	00:00:42	00:36:58	01:13:07.15	01:13:50.00	+00:33:00 (45.1%)	7:18	8.2 (54.7%)
360	RAWA Donata	942		K3 40-49	17	00:00:25	00:35:12	01:13:07.30	01:13:32.45	+00:33:00 (45.1%)	7:18	8.2 (54.7%)
361	NIEWIADOMSKA Magda	869	KOBIECE BIEGANIE	K2 30-39	33	00:00:46	00:37:46	01:13:28.25	01:14:14.55	+00:33:21 (45.4%)	7:20	8.2 (54.7%)
362	DOBACZEWSKA-WASEK Ewa	597		K3 40-49	18	00:00:00	00:35:35	01:13:32.55	01:13:32.55	+00:33:26 (45.5%)	7:21	8.2 (54.7%)
363	ŁEMPKOWSKI Janusz	806	DLL PARTNERS	M3 40-49	77	00:00:19	00:35:51	01:13:35.65	01:13:55.25	+00:33:29 (45.5%)	7:21	8.2 (54.7%)
364	ŁEMPKOWSKA Beata	805	DLL PARTNERS	K3 40-49	19	00:00:19	00:35:51	01:13:36.15	01:13:55.15	+00:33:29 (45.5%)	7:21	8.2 (54.7%)
365	PRZYBYSZ Katarzyna	929		K2 30-39	34	00:00:23	00:35:50	01:13:38.05	01:14:01.70	+00:33:31 (45.5%)	7:21	8.1 (54.0%)
366	ŚWITALSKA Edyta	1032	SZCZECIŃSKIE CENTRUM TRENINGU PERSONALNEGO	K3 40-49	20	00:00:20	00:36:02	01:13:42.20	01:14:02.45	+00:33:35 (45.6%)	7:22	8.1 (54.0%)
367	ISKRA Angelika	675		K1 16-29	17	00:00:17	00:35:45	01:13:42.50	01:13:59.65	+00:33:36 (45.6%)	7:22	8.1 (54.0%)
368	PIESYK Damian	911	LOSZKI I WARCHLAKI	M2 30-39	131	00:00:39	00:37:00	01:13:42.55	01:14:21.75	+00:33:36 (45.6%)	7:22	8.1 (54.0%)
369	BOROWSKI Tomasz	552		M1 16-29	54	00:00:17	00:35:45	01:13:42.65	01:14:00.30	+00:33:36 (45.6%)	7:22	8.1 (54.0%)
370	ŁEBKOWSKI Karol	802		M2 30-39	132	00:00:31	00:36:20	01:13:46.05	01:14:17.60	+00:33:39 (45.6%)	7:22	8.1 (54.0%)
371	PUPEK Małgorzata	935		K2 30-39	35	00:00:31	00:36:21	01:13:46.20	01:14:17.40	+00:33:39 (45.6%)	7:22	8.1 (54.0%)
372	JAROSŁAWSKA Jowita	688		K2 30-39	36	00:00:09	00:35:49	01:13:49.35	01:13:58.90	+00:33:42 (45.7%)	7:22	8.1 (54.0%)
373	JAKUBOWSKA Anna	683		K2 30-39	37	00:00:21	00:36:28	01:13:52.10	01:14:13.40	+00:33:45 (45.7%)	7:23	8.1 (54.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
374	<b>MATYSEK Ireneusz</b>	<b>1147</b>	KOMANDOS WAŁECKI	M5 60+	7	00:00:36	00:34:05	<b>01:13:57.85</b>	<b>01:14:34.60</b>	+00:33:51 (45.8%)	7:23	8.1 (54.0%)
375	<b>BRZESKA Ewa</b>	<b>557</b>		K1 16-29	18	00:00:22	00:34:41	<b>01:13:59.50</b>	<b>01:14:21.55</b>	+00:33:53 (45.8%)	7:23	8.1 (54.0%)
376	<b>JAWORSKI Krystian</b>	<b>1399</b>	SZMERF	M1 16-29	55	00:00:41	00:34:11	<b>01:14:13.65</b>	<b>01:14:54.80</b>	+00:34:07 (46.0%)	7:25	8.1 (54.0%)
377	<b>GREGUŁA Joanna</b>	<b>1421</b>		K1 16-29	19	00:00:46	00:37:19	<b>01:14:23.40</b>	<b>01:15:09.75</b>	+00:34:16 (46.1%)	7:26	8.1 (54.0%)
378	<b>GRABOWSKI Maciej</b>	<b>649</b>		M2 30-39	133	00:00:05	00:35:02	<b>01:14:25.35</b>	<b>01:14:30.55</b>	+00:34:18 (46.1%)	7:26	8.1 (54.0%)
379	<b>WIECZOREK Magdalena</b>	<b>1061</b>		K3 40-49	21	00:00:18	00:36:46	<b>01:14:31.50</b>	<b>01:14:49.55</b>	+00:34:25 (46.2%)	7:27	8.1 (54.0%)
380	<b>KNOT Martyna</b>	<b>731</b>	PIĘKNI I BESTIE	K2 30-39	38	00:00:35	00:35:30	<b>01:14:38.35</b>	<b>01:15:13.70</b>	+00:34:31 (46.3%)	7:27	8 (53.3%)
381	<b>CIEPIELA Dariusz</b>	<b>580</b>	BIEGOHOLLICA	M2 30-39	134	00:00:11	00:36:41	<b>01:14:42.60</b>	<b>01:14:53.75</b>	+00:34:36 (46.3%)	7:28	8 (53.3%)
382	<b>ULASS Patrycja</b>	<b>1045</b>		K1 16-29	20	00:00:37	00:38:10	<b>01:14:50.80</b>	<b>01:15:28.20</b>	+00:34:44 (46.4%)	7:29	8 (53.3%)
383	<b>LEŚNIEWSKI Wojciech</b>	<b>791</b>		M3 40-49	78	00:00:31	00:38:40	<b>01:14:50.85</b>	<b>01:15:21.95</b>	+00:34:44 (46.4%)	7:29	8 (53.3%)
384	<b>KUKUROWSKA Sylwia</b>	<b>768</b>	DLL PARTNERS	K3 40-49	22	00:00:30	00:38:04	<b>01:14:51.25</b>	<b>01:15:21.95</b>	+00:34:44 (46.4%)	7:29	8 (53.3%)
385	<b>ADAMSKA Karolina</b>	<b>504</b>	DUOLIFE TEAM	K1 16-29	21	00:00:03	00:35:41	<b>01:14:54.90</b>	<b>01:14:58.25</b>	+00:34:48 (46.5%)	7:29	8 (53.3%)
386	<b>ŻAK Jakub</b>	<b>1122</b>	CHUDE BYKI	M1 16-29	56	00:00:13	00:35:05	<b>01:15:01.05</b>	<b>01:15:14.65</b>	+00:34:54 (46.5%)	7:30	8 (53.3%)
387	<b>WOŹNIAK Beata</b>	<b>1089</b>		K3 40-49	23	00:00:44	00:37:55	<b>01:15:12.20</b>	<b>01:15:56.30</b>	+00:35:05 (46.7%)	7:31	8 (53.3%)
388	<b>JAKUBOWSKA Aneta</b>	<b>682</b>	DZIKUS	K3 40-49	24	00:00:47	00:37:45	<b>01:15:20.75</b>	<b>01:16:08.55</b>	+00:35:14 (46.8%)	7:32	8 (53.3%)
389	<b>ZAMOŻNY Anna</b>	<b>1109</b>		K2 30-39	39	00:00:21	00:36:28	<b>01:15:22.00</b>	<b>01:15:43.00</b>	+00:35:15 (46.8%)	7:32	8 (53.3%)
390		<b>428</b>				00:00:21	00:36:28	<b>01:15:22.05</b>	<b>01:15:43.60</b>	+00:35:15 (46.8%)	7:32	8 (53.3%)
391	<b>JA Małgorzata</b>	<b>1142</b>	KOBIECE BIEGANIE	K3 40-49	25	00:00:46	00:37:46	<b>01:15:23.55</b>	<b>01:16:09.65</b>	+00:35:17 (46.8%)	7:32	8 (53.3%)
392	<b>SMOLINSKI Artur</b>	<b>986</b>		M3 40-49	79	00:00:41	00:37:19	<b>01:15:24.00</b>	<b>01:16:05.00</b>	+00:35:17 (46.8%)	7:32	8 (53.3%)
393	<b>KACZMAREK Kazimierz</b>	<b>1258</b>	BROS TEAM	M4 50-59	23	00:00:32	00:35:28	<b>01:15:25.35</b>	<b>01:15:58.25</b>	+00:35:18 (46.8%)	7:32	8 (53.3%)
394	<b>MARCHIEL Lena</b>	<b>825</b>		K4 50-59	6	00:00:40	00:38:14	<b>01:15:33.40</b>	<b>01:16:13.85</b>	+00:35:26 (46.9%)	7:33	7.9 (52.7%)
395	<b>SAMBORSKI Radek</b>	<b>961</b>		M1 16-29	57	00:00:59	00:35:10	<b>01:15:36.65</b>	<b>01:16:36.45</b>	+00:35:30 (47.0%)	7:33	7.9 (52.7%)
396	<b>KUPNIEWSKA Aleksandra</b>	<b>776</b>	KOMPAS TEAM	K2 30-39	40	00:00:29	00:37:33	<b>01:15:40.20</b>	<b>01:16:09.75</b>	+00:35:33 (47.0%)	7:34	7.9 (52.7%)
397	<b>KLESZOWSKI Daniel</b>	<b>724</b>		M3 40-49	80	00:00:32	00:37:31	<b>01:15:41.10</b>	<b>01:16:13.75</b>	+00:35:34 (47.0%)	7:34	7.9 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
398	<b>DOBIECKA Joanna</b>	<b>598</b>		K2 30-39	41	00:00:36	00:37:59	<b>01:15:50.45</b>	<b>01:16:26.70</b>	+00:35:44 (47.1%)	7:35	7.9 (52.7%)
399	<b>NADOBNA Kamila</b>	<b>856</b>	STARGARD JA SIĘ NIE SCIGAM	K2 30-39	42	00:00:35	00:38:00	<b>01:15:50.60</b>	<b>01:16:26.50</b>	+00:35:44 (47.1%)	7:35	7.9 (52.7%)
400	<b>IZYDORCZYK Kinga</b>	<b>677</b>	STARGARD JA SIĘ NIE SCIGAM	K2 30-39	43	00:00:35	00:38:00	<b>01:15:51.65</b>	<b>01:16:27.50</b>	+00:35:45 (47.1%)	7:35	7.9 (52.7%)
401	<b>NOWACZYK Wojciech</b>	<b>1281</b>		M2 30-39	135	00:00:43	00:37:12	<b>01:15:58.30</b>	<b>01:16:41.55</b>	+00:35:51 (47.2%)	7:35	7.9 (52.7%)
402	<b>SZAKOŁA Paweł</b>	<b>1015</b>		M2 30-39	136	00:00:36	00:39:13	<b>01:16:04.55</b>	<b>01:16:41.50</b>	+00:35:58 (47.3%)	7:36	7.9 (52.7%)
403	<b>ŚWIETLIK Alicja</b>	<b>1031</b>		K3 40-49	26	00:00:24	00:37:38	<b>01:16:05.75</b>	<b>01:16:30.45</b>	+00:35:59 (47.3%)	7:36	7.9 (52.7%)
404	<b>TOKARCZYK Marta</b>	<b>1035</b>		K3 40-49	27	00:00:39	00:35:34	<b>01:16:07.95</b>	<b>01:16:47.50</b>	+00:36:01 (47.3%)	7:36	7.9 (52.7%)
405	<b>GRODZIŃSKI Arkadiusz</b>	<b>653</b>	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M3 40-49	81	00:00:48	00:37:17	<b>01:16:15.30</b>	<b>01:17:04.10</b>	+00:36:08 (47.4%)	7:37	7.9 (52.7%)
406	<b>KWIATKOWSKA Julita</b>	<b>780</b>		K2 30-39	44	00:00:23	00:37:53	<b>01:16:28.10</b>	<b>01:16:52.05</b>	+00:36:21 (47.6%)	7:38	7.8 (52.0%)
407	<b>HARNER Jacek</b>	<b>667</b>	PANDA I BANDA	M2 30-39	137	00:01:00	00:38:09	<b>01:16:33.95</b>	<b>01:17:34.25</b>	+00:36:27 (47.6%)	7:39	7.8 (52.0%)
408	<b>PCIONEK Jacek</b>	<b>900</b>		M2 30-39	138	00:00:36	00:35:38	<b>01:16:39.15</b>	<b>01:17:15.95</b>	+00:36:32 (47.7%)	7:39	7.8 (52.0%)
409	<b>TUMANOWICZ Tomasz</b>	<b>1041</b>		M3 40-49	82	00:00:36	00:35:25	<b>01:16:41.15</b>	<b>01:17:17.85</b>	+00:36:34 (47.7%)	7:40	7.8 (52.0%)
410	<b>JÓZEFOWICZ Anna</b>	<b>702</b>	PIĘKNI I BESTIE	K2 30-39	45	00:00:37	00:36:56	<b>01:16:41.25</b>	<b>01:17:18.65</b>	+00:36:34 (47.7%)	7:40	7.8 (52.0%)
411	<b>SAJKOWSKI Kamil</b>	<b>959</b>	ZESPÓŁ NIESPOKOJNYCH NÓG	M1 16-29	58	00:00:05	00:38:31	<b>01:16:44.40</b>	<b>01:16:49.45</b>	+00:36:37 (47.7%)	7:40	7.8 (52.0%)
412	<b>WITKOWSKA Anna</b>	<b>535</b>	NIEZRZESZONA	K3 40-49	28	00:00:04	00:38:32	<b>01:16:45.75</b>	<b>01:16:50.40</b>	+00:36:39 (47.8%)	7:40	7.8 (52.0%)
413	<b>SKIBA Michał</b>	<b>974</b>	PARKRUN SZCZECIN	M2 30-39	139	00:00:22	00:38:32	<b>01:16:51.55</b>	<b>01:17:13.60</b>	+00:36:45 (47.8%)	7:41	7.8 (52.0%)
414	<b>GAUDEN Piotr</b>	<b>633</b>	SPC/KM UMK TORUŃ	M3 40-49	83	00:00:42	00:38:20	<b>01:16:52.00</b>	<b>01:17:34.85</b>	+00:36:45 (47.8%)	7:41	7.8 (52.0%)
415	<b>MISTAK Paula</b>	<b>845</b>	NIEZDECYDOWANI	K2 30-39	46	00:00:29	00:37:34	<b>01:16:53.50</b>	<b>01:17:22.95</b>	+00:36:47 (47.8%)	7:41	7.8 (52.0%)
416	<b>OLICHWER Rafał</b>	<b>884</b>		M1 16-29	59	00:00:29	00:37:10	<b>01:16:55.95</b>	<b>01:17:25.20</b>	+00:36:49 (47.9%)	7:41	7.8 (52.0%)
417	<b>KLIMECKI Michał</b>	<b>726</b>	CROSS FREAKS GOLENIÓW	M2 30-39	140	00:00:31	00:37:30	<b>01:16:58.00</b>	<b>01:17:29.95</b>	+00:36:51 (47.9%)	7:41	7.8 (52.0%)
418	<b>KLIMECKA Katarzyna</b>	<b>725</b>		K2 30-39	47	00:00:30	00:37:29	<b>01:16:59.20</b>	<b>01:17:29.85</b>	+00:36:52 (47.9%)	7:41	7.8 (52.0%)
419	<b>DRZEWIECKI Arkadiusz</b>	<b>608</b>	BIEGACZE ŚWINOUJŚCIE	M4 50-59	24	00:00:40	00:39:42	<b>01:17:05.20</b>	<b>01:17:45.45</b>	+00:36:58 (48.0%)	7:42	7.8 (52.0%)
420	<b>BIEGAŃSKI Piotr</b>	<b>532</b>		M2 30-39	141	00:00:04	00:35:33	<b>01:17:05.65</b>	<b>01:17:10.25</b>	+00:36:59 (48.0%)	7:42	7.8 (52.0%)
421	<b>DRZEWIECKA Agnieszka</b>	<b>607</b>	BIEGACZE ŚWINOUJŚCIE	K3 40-49	29	00:00:39	00:38:31	<b>01:17:06.30</b>	<b>01:17:45.65</b>	+00:36:59 (48.0%)	7:42	7.8 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
422	<b>WRÓBLEWSKA Małgorzata</b>	<b>1096</b>	POŁUPIN	K3 40-49	30	00:00:20	00:37:13	<b>01:17:16.80</b>	<b>01:17:37.00</b>	+00:37:10 (48.1%)	7:43	7.8 (52.0%)
423	<b>MATUSZAK Kamila</b>	<b>834</b>	MATUSZAK TEAM	K1 16-29	22	00:00:32	00:39:00	<b>01:17:19.10</b>	<b>01:17:51.55</b>	+00:37:12 (48.1%)	7:43	7.8 (52.0%)
424	<b>OSTOLSKA Sylwia</b>	<b>890</b>		K3 40-49	31	00:00:53	00:38:37	<b>01:17:20.00</b>	<b>01:18:13.70</b>	+00:37:13 (48.1%)	7:44	7.8 (52.0%)
425	<b>BAGIŃSKA Laura</b>	<b>516</b>		K1 16-29	23	00:00:27	00:37:57	<b>01:17:25.55</b>	<b>01:17:52.95</b>	+00:37:19 (48.2%)	7:44	7.8 (52.0%)
426	<b>JANUS Grzegorz</b>	<b>685</b>		M2 30-39	142	00:00:21	00:35:17	<b>01:17:31.20</b>	<b>01:17:52.45</b>	+00:37:24 (48.3%)	7:45	7.7 (51.3%)
427	<b>WIŚNIEWSKA Karolina</b>	<b>1072</b>		K1 16-29	24	00:00:35	00:36:51	<b>01:17:43.20</b>	<b>01:18:18.45</b>	+00:37:36 (48.4%)	7:46	7.7 (51.3%)
428	<b>WOSZCZYK Renata</b>	<b>1087</b>		K3 40-49	32	00:00:40	00:38:38	<b>01:17:43.80</b>	<b>01:18:24.25</b>	+00:37:37 (48.4%)	7:46	7.7 (51.3%)
429	<b>SAKOWSKA-CARŁO Magda</b>	<b>960</b>	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	48	00:00:12	00:36:04	<b>01:17:56.50</b>	<b>01:18:09.45</b>	+00:37:50 (48.5%)	7:47	7.7 (51.3%)
430	<b>HANDKE Justyna</b>	<b>666</b>	XRUNNERS	K2 30-39	49	00:00:11	00:37:50	<b>01:17:56.70</b>	<b>01:18:07.85</b>	+00:37:50 (48.5%)	7:47	7.7 (51.3%)
431	<b>CHMIELEWSKA Katarzyna</b>	<b>1253</b>		K5 60+	1	00:00:37	00:38:56	<b>01:18:00.25</b>	<b>01:18:38.20</b>	+00:37:53 (48.6%)	7:48	7.7 (51.3%)
432	<b>ŻBIKOWSKA Małgorzata</b>	<b>1123</b>	SPC	K4 50-59	7	00:00:42	00:38:20	<b>01:18:00.95</b>	<b>01:18:43.50</b>	+00:37:54 (48.6%)	7:48	7.7 (51.3%)
433	<b>STĘPIEŃ Agnieszka</b>	<b>1007</b>	AGA	K2 30-39	50	00:00:22	00:38:46	<b>01:18:04.25</b>	<b>01:18:27.10</b>	+00:37:57 (48.6%)	7:48	7.7 (51.3%)
434	<b>GUMOWSKA Karolina</b>	<b>1256</b>	SARENKI	K2 30-39	51	00:00:05	00:37:42	<b>01:18:13.85</b>	<b>01:18:19.80</b>	+00:38:07 (48.7%)	7:49	7.7 (51.3%)
435	<b>ŚWIDER Marzena</b>	<b>1263</b>	SARENKI	K3 40-49	33	00:00:05	00:37:42	<b>01:18:14.30</b>	<b>01:18:19.95</b>	+00:38:07 (48.7%)	7:49	7.7 (51.3%)
436	<b>POŹNIAK Aleksandra</b>	<b>926</b>		K2 30-39	52	00:00:19	00:37:46	<b>01:18:38.40</b>	<b>01:18:58.00</b>	+00:38:31 (49.0%)	7:51	7.6 (50.7%)
437	<b>BEDNARZ Katarzyna</b>	<b>527</b>		K3 40-49	34	00:00:29	00:38:36	<b>01:18:44.00</b>	<b>01:19:13.15</b>	+00:38:37 (49.1%)	7:52	7.6 (50.7%)
438	<b>OMELAŃCZUK Piotr</b>	<b>885</b>	ZDROWO PIEPRZNIĘCI	M3 40-49	84	00:00:53	00:39:12	<b>01:18:44.20</b>	<b>01:19:37.45</b>	+00:38:37 (49.1%)	7:52	7.6 (50.7%)
439		<b>1414</b>				00:00:21	00:38:16	<b>01:18:46.15</b>	<b>01:19:07.80</b>	+00:38:39 (49.1%)	7:52	7.6 (50.7%)
440	<b>WOLSKA Agnieszka</b>	<b>1082</b>		K2 30-39	53	00:00:28	00:38:36	<b>01:18:51.80</b>	<b>01:19:20.75</b>	+00:38:45 (49.1%)	7:53	7.6 (50.7%)
441	<b>ZAWISZA Tomasz</b>	<b>1111</b>	BRIDGESTONE STARGARD RUNNERS	M2 30-39	143	00:00:45	00:38:08	<b>01:18:53.15</b>	<b>01:19:38.75</b>	+00:38:46 (49.2%)	7:53	7.6 (50.7%)
442	<b>PORAZIŃSKI Przemysław</b>	<b>919</b>		M1 16-29	60	00:00:27	00:37:15	<b>01:18:58.95</b>	<b>01:19:26.50</b>	+00:38:52 (49.2%)	7:53	7.6 (50.7%)
443	<b>PORAZIŃSKA Dagmara</b>	<b>918</b>		K1 16-29	25	00:00:26	00:37:16	<b>01:18:59.55</b>	<b>01:19:26.30</b>	+00:38:53 (49.2%)	7:54	7.6 (50.7%)
444	<b>BORODYN Andrzej</b>	<b>551</b>	GRUPA DOCHODZENIOWA SAVE THE BEAT	M3 40-49	85	00:00:31	00:36:40	<b>01:19:03.30</b>	<b>01:19:35.05</b>	+00:38:56 (49.3%)	7:54	7.6 (50.7%)
445	<b>SKONECZNY Przemysław</b>	<b>977</b>		M2 30-39	144	00:00:54	00:38:18	<b>01:19:07.50</b>	<b>01:20:01.75</b>	+00:39:01 (49.3%)	7:54	7.6 (50.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
446	JANCZAREK Rafał	684		M2 30-39	145	00:00:22	00:37:23	01:19:10.30	01:19:33.25	+00:39:03 (49.3%)	7:55	7.6 (50.7%)
447	LACHOWICZ Bartosz	784		M2 30-39	146	00:00:48	00:38:26	01:19:11.00	01:19:59.65	+00:39:04 (49.3%)	7:55	7.6 (50.7%)
448	GOŁUBOWICZ Marzena	1254	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	54	00:00:22	00:38:42	01:19:22.25	01:19:44.30	+00:39:15 (49.5%)	7:56	7.6 (50.7%)
449	BIEDRZYŃSKI Roman	1250		M2 30-39	147	00:00:20	00:38:44	01:19:23.65	01:19:44.25	+00:39:17 (49.5%)	7:56	7.6 (50.7%)
450	ŁEMPICKA Karolina	803		K1 16-29	26	00:00:15	00:38:32	01:19:38.10	01:19:53.10	+00:39:31 (49.6%)	7:57	7.5 (50.0%)
451	ŁEMPICKI Maciej	804		M2 30-39	148	00:00:14	00:38:29	01:19:38.80	01:19:53.20	+00:39:32 (49.6%)	7:57	7.5 (50.0%)
452	BARSZCZEWSKA Marlena	520	ZDROWO PIEPRZNIĘCI	K3 40-49	35	00:00:50	00:38:04	01:19:44.90	01:20:35.70	+00:39:38 (49.7%)	7:58	7.5 (50.0%)
453	JAŚKIEWICZ Krzysztof	696	RX FITNESS LUBIN	M3 40-49	86	00:00:58	00:39:46	01:19:48.20	01:20:46.25	+00:39:41 (49.7%)	7:58	7.5 (50.0%)
454	SARAMAK Paweł	1409		Open M	1	00:00:39	00:38:06	01:19:48.75	01:20:28.55	+00:39:42 (49.7%)	7:58	7.5 (50.0%)
455	CHROBOCINSKI Daniel	575		M1 16-29	61	00:00:25	00:38:08	01:19:50.30	01:20:15.40	+00:39:43 (49.8%)	7:59	7.5 (50.0%)
456	JASIŃSKA Natalia	693	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	55	00:00:16	00:38:36	01:19:52.20	01:20:08.45	+00:39:45 (49.8%)	7:59	7.5 (50.0%)
457	SOBOLEWSKA Agata	989	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	56	00:00:16	00:38:36	01:19:52.25	01:20:08.30	+00:39:45 (49.8%)	7:59	7.5 (50.0%)
458	SIWIELA Katarzyna	972	KP PSP POLICE	K2 30-39	57	00:00:28	00:37:41	01:20:02.20	01:20:30.75	+00:39:55 (49.9%)	8:00	7.5 (50.0%)
459	GITNER Marcin	639	BIĘKNI I BESTIE	M3 40-49	87	00:00:35	00:38:48	01:20:09.20	01:20:45.15	+00:40:02 (50.0%)	8:01	7.5 (50.0%)
460	SOWISZ Danuta	993	SOWISZ TEAM	K3 40-49	36	00:00:28	00:39:28	01:20:11.70	01:20:39.85	+00:40:05 (50.0%)	8:01	7.5 (50.0%)
461	GRALEWICZ Magdalena	651	MUROWANE MORSY	K3 40-49	37	00:00:44	00:40:09	01:20:14.35	01:20:58.45	+00:40:07 (50.0%)	8:01	7.5 (50.0%)
462	MAKOWSKA Joanna	1261		K2 30-39	58	00:00:44	00:38:54	01:20:15.20	01:21:00.05	+00:40:08 (50.0%)	8:01	7.5 (50.0%)
463	MRÓZ Tomek	851		M3 40-49	88	00:00:01	00:39:53	01:20:19.30	01:20:21.15	+00:40:12 (50.1%)	8:02	7.5 (50.0%)
464	WIETRZYŃSKA Agnieszka	1068	MASZ PRZEBIEGANE	K2 30-39	59	00:00:11	00:38:55	01:20:19.70	01:20:31.05	+00:40:13 (50.1%)	8:02	7.5 (50.0%)
465	TITONI Marta	1034	MASZ PRZEBIEGANE	K1 16-29	27	00:00:12	00:38:44	01:20:24.85	01:20:37.15	+00:40:18 (50.1%)	8:02	7.5 (50.0%)
466	JABŁOŃSKI Wojciech	1382		M3 40-49	89	00:00:57	00:38:55	01:20:30.30	01:21:28.25	+00:40:23 (50.2%)	8:03	7.5 (50.0%)
467	BABIŁO Natalia	515	MASZ PRZEBIEGANE	K1 16-29	28	00:00:11	00:38:44	01:20:35.50	01:20:47.15	+00:40:29 (50.2%)	8:03	7.4 (49.3%)
468	WALENT Marta	1052		K2 30-39	60	00:00:43	00:39:06	01:20:43.60	01:21:27.15	+00:40:37 (50.3%)	8:04	7.4 (49.3%)
469	GOWORSKI Jerzy	645	WIECZORNE BIEGANIE W SZCZECINIE	M1 16-29	62	00:00:33	00:37:58	01:20:43.75	01:21:17.10	+00:40:37 (50.3%)	8:04	7.4 (49.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
470	<b>PETRUSIEWICZ Paweł</b>	<b>907</b>		M1 16-29	63	00:00:46	00:39:08	<b>01:20:44.65</b>	<b>01:21:31.45</b>	+00:40:38 (50.3%)	8:04	7.4 (49.3%)
471	<b>ROMANOWICZ Marek</b>	<b>948</b>	PARKRUN SZCZECIN	M4 50-59	25	00:00:33	00:38:00	<b>01:20:45.95</b>	<b>01:21:19.20</b>	+00:40:39 (50.3%)	8:04	7.4 (49.3%)
472	<b>STAŃKO Agnieszka</b>	<b>999</b>	STARGARD JA SIĘ NIE ŚCIGAM	K2 30-39	61	00:00:34	00:39:57	<b>01:20:51.80</b>	<b>01:21:26.45</b>	+00:40:45 (50.4%)	8:05	7.4 (49.3%)
473	<b>MARSCHAŁKOWSKA Dorota</b>	<b>1262</b>	KM PSP KOSZALIN	K4 50-59	8	00:00:37	00:39:54	<b>01:21:03.70</b>	<b>01:21:41.05</b>	+00:40:57 (50.5%)	8:06	7.4 (49.3%)
474	<b>STASIUK Robert</b>	<b>1000</b>		M2 30-39	149	00:00:38	00:39:11	<b>01:21:05.85</b>	<b>01:21:44.75</b>	+00:40:59 (50.5%)	8:06	7.4 (49.3%)
475	<b>BIELSKA Ola</b>	<b>533</b>		K2 30-39	62	00:00:01	00:39:53	<b>01:21:12.55</b>	<b>01:21:14.40</b>	+00:41:06 (50.6%)	8:07	7.4 (49.3%)
476	<b>CZAPLIŃSKA Magdalena</b>	<b>586</b>		K2 30-39	63	00:00:25	00:39:45	<b>01:21:24.15</b>	<b>01:21:49.15</b>	+00:41:17 (50.7%)	8:08	7.4 (49.3%)
477	<b>CHROBOCIŃSKA Elżbieta</b>	<b>576</b>		K4 50-59	9	00:00:24	00:39:37	<b>01:21:25.35</b>	<b>01:21:49.35</b>	+00:41:18 (50.7%)	8:08	7.4 (49.3%)
478	<b>LEŚNIEWSKA Julia</b>	<b>790</b>		K3 40-49	38	00:00:31	00:38:40	<b>01:21:31.50</b>	<b>01:22:03.45</b>	+00:41:25 (50.8%)	8:09	7.4 (49.3%)
479	<b>ZAJĄCZKOWSKA LEWANDOWSKA Marika</b>	<b>1108</b>	OCR TEAM WŁOCŁAWEK	K2 30-39	64	00:00:43	00:39:38	<b>01:22:02.55</b>	<b>01:22:45.70</b>	+00:41:56 (51.1%)	8:12	7.3 (48.7%)
480	<b>JAKUBOWSKA Dorota</b>	<b>681</b>	23. BAZA LOTNICTWA TAKTYCZNEGO	K2 30-39	65	00:00:47	00:39:07	<b>01:22:09.65</b>	<b>01:22:57.40</b>	+00:42:03 (51.2%)	8:13	7.3 (48.7%)
481	<b>OSTROWSKI Piotr</b>	<b>891</b>	23. BAZA LOTNICTWA TAKTYCZNEGO	M3 40-49	90	00:00:47	00:39:07	<b>01:22:09.75</b>	<b>01:22:57.55</b>	+00:42:03 (51.2%)	8:13	7.3 (48.7%)
482	<b>ULATOWSKI Tomasz</b>	<b>1047</b>	HUSARIA RACE TEAM	M2 30-39	150	00:00:06	00:40:16	<b>01:22:17.60</b>	<b>01:22:24.10</b>	+00:42:11 (51.3%)	8:13	7.3 (48.7%)
483	<b>MICHALAK Tomasz</b>	<b>837</b>		M4 50-59	26	00:00:41	00:38:51	<b>01:22:45.70</b>	<b>01:23:26.85</b>	+00:42:39 (51.5%)	8:16	7.3 (48.7%)
484	<b>MALEC Kamil</b>	<b>819</b>		M2 30-39	151	00:00:45	00:38:55	<b>01:23:08.10</b>	<b>01:23:53.40</b>	+00:43:01 (51.8%)	8:18	7.2 (48.0%)
485	<b>WASILKO Grzegorz</b>	<b>1056</b>		M2 30-39	152	00:00:22	00:38:41	<b>01:23:35.95</b>	<b>01:23:58.00</b>	+00:43:29 (52.0%)	8:21	7.2 (48.0%)
486	<b>BROCKOWSKA Żaneta</b>	<b>555</b>		K2 30-39	66	00:00:21	00:38:38	<b>01:23:36.85</b>	<b>01:23:58.05</b>	+00:43:30 (52.0%)	8:21	7.2 (48.0%)
487	<b>MULARCZYK Krzysztof</b>	<b>1141</b>		M2 30-39	153	00:00:21	00:38:38	<b>01:23:37.00</b>	<b>01:23:58.00</b>	+00:43:30 (52.0%)	8:21	7.2 (48.0%)
488	<b>WOŹNIAK Rafał</b>	<b>1090</b>		M2 30-39	154	00:00:14	00:40:11	<b>01:23:39.05</b>	<b>01:23:53.60</b>	+00:43:32 (52.1%)	8:21	7.2 (48.0%)
489	<b>KAROL Sławomir</b>	<b>714</b>	LOSZKI I WARCHLAKI	M4 50-59	27	00:00:39	00:40:42	<b>01:23:44.30</b>	<b>01:24:23.85</b>	+00:43:37 (52.1%)	8:22	7.2 (48.0%)
490	<b>KAROL Monika</b>	<b>712</b>	LOSZKI I WARCHLAKI	K1 16-29	29	00:00:39	00:40:42	<b>01:23:44.75</b>	<b>01:24:23.75</b>	+00:43:38 (52.1%)	8:22	7.2 (48.0%)
491	<b>KAROL Agnieszka</b>	<b>713</b>	LOSZKI I WARCHLAKI	K3 40-49	39	00:00:38	00:40:43	<b>01:23:45.45</b>	<b>01:24:23.85</b>	+00:43:39 (52.1%)	8:22	7.2 (48.0%)
492	<b>HEJANKOWSKI Sebastian</b>	<b>669</b>	LUNA WOLVES	M2 30-39	155	00:00:44	00:41:51	<b>01:23:52.30</b>	<b>01:24:36.75</b>	+00:43:45 (52.2%)	8:23	7.2 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
493	<b>CUPRYJAK Sebastian</b>	<b>584</b>		M2 30-39	156	00:00:54	00:38:18	<b>01:23:57.20</b>	<b>01:24:51.35</b>	+00:43:50 (52.2%)	8:23	7.1 (47.3%)
494	<b>PRĘTKI Robert</b>	<b>927</b>		M3 40-49	91	00:00:57	01:01:39	<b>01:23:59.00</b>	<b>01:24:56.30</b>	+00:43:52 (52.2%)	8:23	7.1 (47.3%)
495	<b>WROŃSKI Julian</b>	<b>1095</b>	STARGARD JA SIĘ NIE ŚCIGAM	M2 30-39	157	00:00:59	00:45:25	<b>01:24:17.95</b>	<b>01:25:17.10</b>	+00:44:11 (52.4%)	8:25	7.1 (47.3%)
496	<b>NIEWIADOMSKA Kamila</b>	<b>870</b>	ZS ZWYROLE	K1 16-29	30	00:00:44	00:40:05	<b>01:24:27.75</b>	<b>01:25:12.15</b>	+00:44:21 (52.5%)	8:26	7.1 (47.3%)
497	<b>MŁODAWSKI Marek</b>	<b>847</b>		M2 30-39	158	00:00:44	00:40:36	<b>01:24:52.55</b>	<b>01:25:37.25</b>	+00:44:46 (52.7%)	8:29	7.1 (47.3%)
498	<b>WIELGUS-ULATOWSKA Joanna</b>	<b>1066</b>	HUSARIA RACE TEAM	K2 30-39	67	00:00:05	00:41:36	<b>01:24:53.35</b>	<b>01:24:58.40</b>	+00:44:46 (52.8%)	8:29	7.1 (47.3%)
499	<b>JEZIOREK Agnieszka</b>	<b>697</b>	BABINEK BIEGA	K3 40-49	40	00:00:16	00:40:41	<b>01:24:54.00</b>	<b>01:25:10.60</b>	+00:44:47 (52.8%)	8:29	7.1 (47.3%)
500	<b>MAJCHER Agata</b>	<b>813</b>	PIŁA TEAM	K1 16-29	31	00:00:05	00:39:03	<b>01:25:11.05</b>	<b>01:25:16.40</b>	+00:45:04 (52.9%)	8:31	7 (46.7%)
501	<b>KAŹMIERSKI Andrzej</b>	<b>716</b>		M4 50-59	28	00:00:41	00:39:10	<b>01:25:13.10</b>	<b>01:25:55.05</b>	+00:45:06 (52.9%)	8:31	7 (46.7%)
502	<b>ELBIŃSKA-KRAWCZUK Monika</b>	<b>619</b>		K3 40-49	41	00:00:40	00:42:10	<b>01:25:15.10</b>	<b>01:25:55.65</b>	+00:45:08 (53.0%)	8:31	7 (46.7%)
503	<b>MAJCHER Małgorzata</b>	<b>814</b>	PIŁA TEAM	K3 40-49	42	00:00:07	00:40:54	<b>01:25:24.10</b>	<b>01:25:31.45</b>	+00:45:17 (53.0%)	8:32	7 (46.7%)
504	<b>POST Mariola</b>	<b>922</b>		K3 40-49	43	00:00:38	00:39:52	<b>01:25:36.50</b>	<b>01:26:14.65</b>	+00:45:30 (53.2%)	8:33	7 (46.7%)
505	<b>PRZYBYSZEWSKI Michał</b>	<b>931</b>	OCR TEAM WŁOCŁAWEK	M1 16-29	64	00:00:43	00:42:35	<b>01:25:38.15</b>	<b>01:26:21.60</b>	+00:45:31 (53.2%)	8:33	7 (46.7%)
506	<b>DUTKIEWICZ Urszula</b>	<b>615</b>	LUNA WOLVES	K2 30-39	68	00:00:32	00:40:36	<b>01:25:40.50</b>	<b>01:26:13.35</b>	+00:45:34 (53.2%)	8:34	7 (46.7%)
507	<b>POST Marcin</b>	<b>921</b>		M2 30-39	159	00:00:34	00:39:56	<b>01:25:40.55</b>	<b>01:26:14.85</b>	+00:45:34 (53.2%)	8:34	7 (46.7%)
508	<b>WAJDA Waldemar</b>	<b>1050</b>		M3 40-49	92	00:00:56	00:41:45	<b>01:25:42.10</b>	<b>01:26:38.40</b>	+00:45:35 (53.2%)	8:34	7 (46.7%)
509	<b>DEPTUŁA-BILL Bożena</b>	<b>595</b>	HUSARIA RACE TEAM SZCZECINEK	K2 30-39	69	00:00:56	00:41:45	<b>01:25:42.15</b>	<b>01:26:38.45</b>	+00:45:35 (53.2%)	8:34	7 (46.7%)
510	<b>BILL Łukasz</b>	<b>537</b>	HUSARIA RACE TEAM SZCZECINEK	M2 30-39	160	00:00:56	00:41:45	<b>01:25:42.20</b>	<b>01:26:38.40</b>	+00:45:35 (53.2%)	8:34	7 (46.7%)
511	<b>STEMPNIAK Katarzyna</b>	<b>1003</b>	REBELS LEGION TEAM	K2 30-39	70	00:00:51	00:41:16	<b>01:25:56.95</b>	<b>01:26:48.55</b>	+00:45:50 (53.3%)	8:35	7 (46.7%)
512	<b>NOWAK Zbigniew</b>	<b>875</b>	KBDZIK	M5 60+	8	00:00:29	00:41:06	<b>01:26:02.35</b>	<b>01:26:31.95</b>	+00:45:55 (53.4%)	8:36	7 (46.7%)
513	<b>KOWNACKI Bartosz</b>	<b>751</b>	ZDROWO PIEPRZNIĘCI	M2 30-39	161	00:00:52	00:41:10	<b>01:26:13.40</b>	<b>01:27:05.85</b>	+00:46:06 (53.5%)	8:37	7 (46.7%)
514	<b>KOWNACKA Aleksandra</b>	<b>750</b>	ZDROWO PIEPRZNIĘCI	K2 30-39	71	00:00:51	00:41:12	<b>01:26:14.05</b>	<b>01:27:05.60</b>	+00:46:07 (53.5%)	8:37	7 (46.7%)
515	<b>MAŁKOWSKA Edyta</b>	<b>820</b>		K2 30-39	72	00:00:44	00:42:06	<b>01:26:28.10</b>	<b>01:27:12.15</b>	+00:46:21 (53.6%)	8:38	6.9 (46.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
516	KRAKOWIAK Łukasz	1148		M2 30-39	162	00:00:58	00:41:34	01:26:40.45	01:27:39.35	+00:46:34 (53.7%)	8:40	6.9 (46.0%)
517	KACZMAREK Sylwia	705		K3 40-49	44	00:00:49	00:41:50	01:26:40.75	01:27:30.00	+00:46:34 (53.7%)	8:40	6.9 (46.0%)
518	CYBULSKI Grzegorz	585		M5 60+	9	00:01:00	00:42:22	01:26:43.15	01:27:43.75	+00:46:36 (53.8%)	8:40	6.9 (46.0%)
519	ROMAN Ewelina	690		K2 30-39	73	00:00:24	00:40:54	01:26:43.50	01:27:08.30	+00:46:37 (53.8%)	8:40	6.9 (46.0%)
520	CYBULSKA Anna	1402		K2 30-39	74	00:00:59	00:42:23	01:26:43.75	01:27:43.50	+00:46:37 (53.8%)	8:40	6.9 (46.0%)
521	BAUMGART Katarzyna	525	STARGARD. JA SIĘ NIE ŚCIGAM!	K2 30-39	75	00:00:56	00:41:37	01:26:44.20	01:27:40.20	+00:46:37 (53.8%)	8:40	6.9 (46.0%)
522	SETA Krysia	967	MONIA GYM	K2 30-39	76	00:00:24	00:40:54	01:26:44.25	01:27:08.75	+00:46:37 (53.8%)	8:40	6.9 (46.0%)
523	KUNIKOWSKA Patrycja	773	STARGARD. JA SIĘ NIE ŚCIGAM.	K2 30-39	77	00:00:53	00:41:40	01:26:46.70	01:27:40.15	+00:46:40 (53.8%)	8:40	6.9 (46.0%)
524	WROŃSKA Sandra	1094	STARGARD JA SIĘ NIE ŚCIGAM	K1 16-29	32	00:00:53	00:42:46	01:26:46.85	01:27:40.10	+00:46:40 (53.8%)	8:40	6.9 (46.0%)
525	GĘBICKA Agata	638	STARGARD JA SIĘ NIE ŚCIGAM	K2 30-39	78	00:00:53	00:42:03	01:26:47.00	01:27:40.15	+00:46:40 (53.8%)	8:40	6.9 (46.0%)
526	NIERZWICKI Krzysztof	867		M1 16-29	65	00:00:30	00:42:10	01:26:51.75	01:27:21.80	+00:46:45 (53.8%)	8:41	6.9 (46.0%)
527	SKARŻYŃSKA Anna	973		K1 16-29	33	00:00:29	00:42:11	01:26:52.70	01:27:21.85	+00:46:46 (53.8%)	8:41	6.9 (46.0%)
528	KOŹLIK Teresa	755		K4 50-59	10	00:00:23	00:42:15	01:27:06.95	01:27:30.00	+00:47:00 (54.0%)	8:42	6.9 (46.0%)
529	PIERŚCIŃSKA Marzena	909		K3 40-49	45	00:00:34	00:42:52	01:27:15.45	01:27:49.85	+00:47:09 (54.0%)	8:43	6.9 (46.0%)
530	WIECZOREK Wojciech	1062		M3 40-49	93	00:00:18	00:40:59	01:27:21.35	01:27:39.80	+00:47:14 (54.1%)	8:44	6.9 (46.0%)
531	SKOWYRA Wioletta	978	RUNGRYF GRYFICE	K3 40-49	46	00:00:34	00:42:42	01:27:28.35	01:28:02.40	+00:47:21 (54.1%)	8:44	6.9 (46.0%)
532	WOLANO Anna	1081	CF PRAWY BRZEG	K2 30-39	79	00:00:26	00:41:55	01:27:29.15	01:27:55.55	+00:47:22 (54.2%)	8:44	6.9 (46.0%)
533	CIEMCIOCH Pawel	579		M3 40-49	94	00:00:27	00:41:57	01:27:29.20	01:27:56.60	+00:47:22 (54.2%)	8:44	6.9 (46.0%)
534	WOŁCZAK Iwona	1083		K2 30-39	80	00:00:46	00:42:34	01:27:32.60	01:28:19.10	+00:47:26 (54.2%)	8:45	6.9 (46.0%)
535	LIPIŃSKA Sylwia	795		K1 16-29	34	00:00:52	00:43:25	01:27:33.85	01:28:26.55	+00:47:27 (54.2%)	8:45	6.9 (46.0%)
536	STEMPNIAK Ewa	1004		K2 30-39	81	00:00:48	00:42:14	01:27:35.30	01:28:23.85	+00:47:28 (54.2%)	8:45	6.9 (46.0%)
537	PERROT Magdalena	905		K3 40-49	47	00:00:30	00:43:11	01:27:57.50	01:28:27.85	+00:47:51 (54.4%)	8:47	6.8 (45.3%)
538	BARTOSZEK Michał	523	OCR TEAM WŁOCŁAWEK	M2 30-39	163	00:00:48	00:42:29	01:28:16.55	01:29:05.35	+00:48:10 (54.6%)	8:49	6.8 (45.3%)
539	CICHARSKI Rafał	578	GIMELA TEAM	M1 16-29	66	00:00:28	00:41:37	01:28:17.00	01:28:45.50	+00:48:10 (54.6%)	8:49	6.8 (45.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
540	<b>NIEZGODA Adam</b>	<b>871</b>	KOMPAS TEAM	M3 40-49	95	00:00:31	00:43:09	<b>01:28:17.10</b>	<b>01:28:48.35</b>	+00:48:10 (54.6%)	8:49	6.8 (45.3%)
541	<b>JANUSZEWSKI Bartosz</b>	<b>686</b>	GIMELA TEAM	M2 30-39	164	00:00:27	00:41:38	<b>01:28:19.40</b>	<b>01:28:46.85</b>	+00:48:12 (54.6%)	8:49	6.8 (45.3%)
542	<b>NOWAKOWSKA Oiwia</b>	<b>877</b>	OCR TEAM WŁOCLAWEK	K1 16-29	35	00:00:42	00:42:35	<b>01:28:22.30</b>	<b>01:29:05.05</b>	+00:48:15 (54.6%)	8:50	6.8 (45.3%)
543	<b>JAROSZ Artur</b>	<b>689</b>		M2 30-39	165	00:00:14	00:41:49	<b>01:28:41.15</b>	<b>01:28:55.35</b>	+00:48:34 (54.8%)	8:52	6.8 (45.3%)
544	<b>LIS Klaudia</b>	<b>797</b>		K1 16-29	36	00:00:49	00:42:04	<b>01:28:55.90</b>	<b>01:29:45.80</b>	+00:48:49 (54.9%)	8:53	6.7 (44.7%)
545	<b>MOSKWA Grzegorz</b>	<b>849</b>	12BZ	M3 40-49	96	00:00:49	00:42:04	<b>01:28:56.10</b>	<b>01:29:45.85</b>	+00:48:49 (54.9%)	8:53	6.7 (44.7%)
546	<b>STEMPNIAK Zbigniew</b>	<b>1005</b>	REBELS LEGION TEAM	M3 40-49	97	00:00:51	00:43:55	<b>01:29:01.80</b>	<b>01:29:53.35</b>	+00:48:55 (55.0%)	8:54	6.7 (44.7%)
547	<b>BŁACHOWIAK Małgorzata</b>	<b>541</b>	CZERWONAK BIEGA	K4 50-59	11	00:00:45	00:42:58	<b>01:29:01.95</b>	<b>01:29:47.55</b>	+00:48:55 (55.0%)	8:54	6.7 (44.7%)
548	<b>DOMASIK Izabela</b>	<b>605</b>		K3 40-49	48	00:00:45	00:42:58	<b>01:29:02.00</b>	<b>01:29:47.30</b>	+00:48:55 (55.0%)	8:54	6.7 (44.7%)
549	<b>CIEPIELA Przemysław</b>	<b>581</b>		M3 40-49	98	00:00:39	00:42:55	<b>01:29:13.80</b>	<b>01:29:53.35</b>	+00:49:07 (55.1%)	8:55	6.7 (44.7%)
550	<b>WIELGOSZEWSKA Olga</b>	<b>1065</b>		K2 30-39	82	00:00:39	00:42:55	<b>01:29:14.15</b>	<b>01:29:53.65</b>	+00:49:07 (55.1%)	8:55	6.7 (44.7%)
551	<b>NIEMIERKO Magdalena</b>	<b>866</b>		K3 40-49	49	00:00:39	00:42:55	<b>01:29:14.50</b>	<b>01:29:53.50</b>	+00:49:08 (55.1%)	8:55	6.7 (44.7%)
552	<b>RUBAJ-FIEDZIWSKA Anna</b>	<b>1406</b>		K2 30-39	83	00:00:52	00:43:28	<b>01:29:20.15</b>	<b>01:30:12.45</b>	+00:49:13 (55.1%)	8:56	6.7 (44.7%)
553	<b>KULEWSKA Joanna</b>	<b>771</b>	NORDICOWELOVE	K3 40-49	50	00:00:51	00:43:29	<b>01:29:20.75</b>	<b>01:30:12.45</b>	+00:49:14 (55.1%)	8:56	6.7 (44.7%)
554	<b>NOWAK Aneta</b>	<b>874</b>	NORDICOWELOVE	K3 40-49	51	00:00:51	00:43:45	<b>01:29:21.05</b>	<b>01:30:12.50</b>	+00:49:14 (55.1%)	8:56	6.7 (44.7%)
555	<b>NAJMARK Małgorzata</b>	<b>858</b>	SKB DZIK	K3 40-49	52	00:00:51	00:43:45	<b>01:29:21.15</b>	<b>01:30:13.05</b>	+00:49:14 (55.1%)	8:56	6.7 (44.7%)
556	<b>GÓRSKA Agnieszka</b>	<b>647</b>	NORDICOWE LOVE POLICE	K3 40-49	53	00:00:51	00:43:44	<b>01:29:21.55</b>	<b>01:30:13.05</b>	+00:49:15 (55.1%)	8:56	6.7 (44.7%)
557	<b>HOSZOWSKI Rafał</b>	<b>673</b>		M2 30-39	166	00:00:10	00:41:50	<b>01:29:23.65</b>	<b>01:29:33.95</b>	+00:49:17 (55.1%)	8:56	6.7 (44.7%)
558	<b>NOWAK Irena</b>	<b>873</b>	RUNGRYF	K4 50-59	12	00:00:33	00:44:05	<b>01:29:39.10</b>	<b>01:30:12.90</b>	+00:49:32 (55.3%)	8:57	6.7 (44.7%)
559	<b>BIELAWSKA Katarzyna</b>	<b>1251</b>		K1 16-29	37	00:00:09	00:41:32	<b>01:29:44.80</b>	<b>01:29:53.85</b>	+00:49:38 (55.3%)	8:58	6.7 (44.7%)
560	<b>TOMASIŃSKI Szymon</b>	<b>1037</b>	OSOWA-BIEGA	M3 40-49	99	00:00:51	00:44:40	<b>01:29:50.25</b>	<b>01:30:41.35</b>	+00:49:43 (55.4%)	8:59	6.7 (44.7%)
561	<b>TOMASIŃSKA Monika</b>	<b>1036</b>	OSOWA-BIEGA	K3 40-49	54	00:00:50	00:44:41	<b>01:29:51.20</b>	<b>01:30:41.70</b>	+00:49:44 (55.4%)	8:59	6.7 (44.7%)
562	<b>WASYLÓW Katarzyna</b>	<b>1058</b>		K4 50-59	13	00:00:47	00:43:26	<b>01:30:00.60</b>	<b>01:30:47.75</b>	+00:49:54 (55.4%)	9:00	6.7 (44.7%)
563	<b>FINSTER Joanna</b>	<b>624</b>		K1 16-29	38	00:00:55	00:43:09	<b>01:30:21.55</b>	<b>01:31:16.70</b>	+00:50:15 (55.6%)	9:02	6.6 (44.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
564	DUDKA Agata	613		K1 16-29	39	00:00:55	00:43:16	01:30:22.30	01:31:17.45	+00:50:15 (55.6%)	9:02	6.6 (44.0%)
565	BARTNIK Paweł	1387		M5 60+	10	00:00:34	00:43:58	01:30:57.80	01:31:31.80	+00:50:51 (55.9%)	9:05	6.6 (44.0%)
566	KLEJNOWSKA Kamila	722	STARGARD JA SIĘ NIE ŚCIGAM	K2 30-39	84	00:00:34	00:43:25	01:31:00.25	01:31:35.20	+00:50:53 (55.9%)	9:06	6.6 (44.0%)
567	TALARCZYK Weronika	1033		K1 16-29	40	00:00:51	00:44:36	01:31:22.65	01:32:13.80	+00:51:16 (56.1%)	9:08	6.6 (44.0%)
568	ULASS Agnieszka	1044		K3 40-49	55	00:00:49	00:44:43	01:31:30.30	01:32:19.90	+00:51:23 (56.2%)	9:09	6.6 (44.0%)
569	NOWOTNIK Wojciech	879		M2 30-39	167	00:00:09	00:43:48	01:32:05.95	01:32:15.60	+00:51:59 (56.5%)	9:12	6.5 (43.3%)
570	STACH Sara	997		K1 16-29	41	00:00:09	00:43:49	01:32:07.10	01:32:16.30	+00:52:00 (56.5%)	9:12	6.5 (43.3%)
571	GRODZIŃSKA Agnieszka	652	KLUB MORSÓW MIEDWIANIE	K3 40-49	56	00:00:50	00:44:38	01:32:53.85	01:33:44.55	+00:52:47 (56.8%)	9:17	6.5 (43.3%)
572	RODAK Agnieszka	944		K3 40-49	57	00:00:59	00:45:35	01:33:01.40	01:34:00.55	+00:52:54 (56.9%)	9:18	6.5 (43.3%)
573	GRZEGORZEWSKI Krzysztof	658		M3 40-49	100	00:00:58	00:45:36	01:33:01.80	01:34:00.45	+00:52:55 (56.9%)	9:18	6.4 (42.7%)
574	LECHOWICZ Jacek	789		M2 30-39	168	00:00:52	00:44:27	01:33:11.35	01:34:04.00	+00:53:04 (57.0%)	9:19	6.4 (42.7%)
575	STEMPNIAK-LECHOWICZ Lidia	1006		K2 30-39	85	00:00:48	00:44:50	01:33:12.65	01:34:01.30	+00:53:06 (57.0%)	9:19	6.4 (42.7%)
576	DACH Eryk	593	FIFNE PYRKI	M1 16-29	67	00:00:50	00:44:37	01:33:23.10	01:34:13.30	+00:53:16 (57.1%)	9:20	6.4 (42.7%)
577	WOŹNIAK Wiktoria	1091	FIFNE PYRKI	K1 16-29	42	00:00:50	00:44:39	01:33:24.05	01:34:14.25	+00:53:17 (57.1%)	9:20	6.4 (42.7%)
578	JĘZIÓRSKI Wojciech	699	GIMELA TEAM	M1 16-29	68	00:00:23	00:45:46	01:33:45.10	01:34:08.70	+00:53:38 (57.2%)	9:22	6.4 (42.7%)
579	BZDAWKA Joanna	567	1976	K3 40-49	58	00:00:41	00:45:45	01:34:22.65	01:35:04.60	+00:54:16 (57.5%)	9:26	6.4 (42.7%)
580	MOŹDŻEŃ Anna	1145		K2 30-39	86	00:00:15	00:44:41	01:34:54.75	01:35:10.65	+00:54:48 (57.7%)	9:29	6.3 (42.0%)
581	KWIATKOWSKA Alicja	781	GDAŃSKIE DZIKI	K2 30-39	87	00:00:15	00:44:41	01:34:55.05	01:35:11.00	+00:54:48 (57.7%)	9:29	6.3 (42.0%)
582	CZYŻEWSKA Danuta	590	BIEGACZE ŚWINOUJŚCIE	K4 50-59	14	00:00:41	00:46:06	01:35:10.20	01:35:52.10	+00:55:03 (57.9%)	9:31	6.3 (42.0%)
583	WIKA Marta	1069		K1 16-29	43	00:00:52	00:46:02	01:35:14.65	01:36:07.35	+00:55:08 (57.9%)	9:31	6.3 (42.0%)
584	BURAKOWSKI Grzegorz	564		M3 40-49	101	00:00:43	00:45:29	01:35:18.65	01:36:01.70	+00:55:12 (57.9%)	9:31	6.3 (42.0%)
585	GRYTA Janina	656	BIEGACZE ŚWINOUJŚCIE	K4 50-59	15	00:00:42	00:46:08	01:35:18.80	01:36:01.45	+00:55:12 (57.9%)	9:31	6.3 (42.0%)
586	GRYTA Dariusz	657	BIEGACZE ŚWINOUJŚCIE	M4 50-59	29	00:00:42	00:46:08	01:35:18.95	01:36:01.70	+00:55:12 (57.9%)	9:31	6.3 (42.0%)
587	MAĆKÓW Natalia	811		K3 40-49	59	00:00:42	00:45:43	01:35:20.85	01:36:03.10	+00:55:14 (57.9%)	9:32	6.3 (42.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
588	<b>BARSZCZEWSKI Stanisław</b>	<b>521</b>	KPW ŚWINOUJŚCIE	M3 40-49	102	00:00:41	00:45:25	<b>01:35:21.55</b>	<b>01:36:02.60</b>	+00:55:15 (57.9%)	9:32	6.3 (42.0%)
589	<b>BARSZCZEWSKA Małgorzata</b>	<b>519</b>		K3 40-49	60	00:00:41	00:45:25	<b>01:35:21.90</b>	<b>01:36:02.90</b>	+00:55:15 (57.9%)	9:32	6.3 (42.0%)
590	<b>BZDAWKA Rafał</b>	<b>566</b>		M3 40-49	103	00:00:41	00:45:26	<b>01:35:21.95</b>	<b>01:36:03.55</b>	+00:55:15 (57.9%)	9:32	6.3 (42.0%)
591	<b>BODNAR Zbigniew</b>	<b>548</b>		M5 60+	11	00:01:02	00:45:59	<b>01:35:39.05</b>	<b>01:36:41.85</b>	+00:55:32 (58.1%)	9:33	6.3 (42.0%)
592	<b>CZYŻ Anna</b>	<b>589</b>	3ATEAM	K3 40-49	61	00:00:34	00:47:12	<b>01:36:21.95</b>	<b>01:36:56.25</b>	+00:56:15 (58.4%)	9:38	6.2 (41.3%)
593	<b>ADAMCZEWSKA Anna</b>	<b>502</b>	3ATEAM	K3 40-49	62	00:00:33	00:47:12	<b>01:36:22.60</b>	<b>01:36:56.10</b>	+00:56:16 (58.4%)	9:38	6.2 (41.3%)
594	<b>ORLON Barbara</b>	<b>886</b>	RUN HAPPY	K3 40-49	63	00:00:14	00:46:19	<b>01:37:44.30</b>	<b>01:37:58.75</b>	+00:57:37 (59.0%)	9:46	6.1 (40.7%)
595	<b>PŁOSA Monika</b>	<b>915</b>		K2 30-39	88	00:00:54	00:47:57	<b>01:38:37.85</b>	<b>01:39:32.75</b>	+00:58:31 (59.3%)	9:51	6.1 (40.7%)
596	<b>MASZCZYK Marta</b>	<b>830</b>		K2 30-39	89	00:00:22	00:46:01	<b>01:38:48.45</b>	<b>01:39:10.60</b>	+00:58:42 (59.4%)	9:52	6.1 (40.7%)
597	<b>PUZIO Hanna</b>	<b>936</b>		K2 30-39	90	00:00:45	00:46:58	<b>01:39:17.70</b>	<b>01:40:03.60</b>	+00:59:11 (59.6%)	9:55	6 (40.0%)
598	<b>PEDA Kamila</b>	<b>901</b>		K2 30-39	91	00:00:23	00:49:34	<b>01:40:54.90</b>	<b>01:41:18.55</b>	+01:00:48 (60.3%)	10:05	5.9 (39.3%)
599	<b>LISIECKA Barbara</b>	<b>798</b>		K4 50-59	16	00:00:22	00:49:36	<b>01:40:55.40</b>	<b>01:41:18.25</b>	+01:00:48 (60.3%)	10:05	5.9 (39.3%)
600	<b>SADOWSKI Mariusz</b>	<b>957</b>	IRON HOUSE	M3 40-49	104	00:00:49	00:52:29	<b>01:44:12.15</b>	<b>01:45:01.55</b>	+01:04:05 (61.5%)	10:25	5.8 (38.7%)
601	<b>KOBUS Natalia</b>	<b>732</b>	IRON HOUSE	K2 30-39	92	00:00:49	00:52:28	<b>01:44:12.40</b>	<b>01:45:01.80</b>	+01:04:05 (61.5%)	10:25	5.8 (38.7%)
602	<b>PTASZYŃSKI Jarosław</b>	<b>934</b>	OCR TEAM WŁOCŁAWEK	M3 40-49	105	00:00:48	00:52:29	<b>01:44:13.65</b>	<b>01:45:02.00</b>	+01:04:07 (61.5%)	10:25	5.8 (38.7%)
603	<b>KOŁACZYŃSKA Monika</b>	<b>735</b>		K3 40-49	64	00:00:37	00:50:13	<b>01:46:10.65</b>	<b>01:46:48.60</b>	+01:06:04 (62.2%)	10:37	5.7 (38.0%)
604	<b>NANU Justyna</b>	<b>859</b>	GRYFUS SZCZECIN	K2 30-39	93	00:00:28	00:49:27	<b>01:46:20.85</b>	<b>01:46:48.85</b>	+01:06:14 (62.3%)	10:38	5.6 (37.3%)
605	<b>HAŁAS Renata</b>	<b>665</b>	SZYBCIEJ NIE MOGĘ	K4 50-59	17	00:01:01	00:51:50	<b>01:48:07.60</b>	<b>01:49:09.45</b>	+01:08:01 (62.9%)	10:48	5.5 (36.7%)
606	<b>LEWANDOWSKI Janusz</b>	<b>793</b>	WIECZORNE BIEGANIE W SZCZECINIE	M5 60+	12	00:01:01	00:51:42	<b>01:48:08.15</b>	<b>01:49:09.70</b>	+01:08:01 (62.9%)	10:48	5.5 (36.7%)
607	<b>KUCHARCZYK Elżbieta</b>	<b>765</b>	RUNGRYF	K3 40-49	65	00:00:35	00:51:53	<b>01:48:34.35</b>	<b>01:49:09.55</b>	+01:08:27 (63.1%)	10:51	5.5 (36.7%)
608	<b>JASIK Agnieszka</b>	<b>691</b>		K3 40-49	66	00:00:33	00:49:29	<b>01:50:30.60</b>	<b>01:51:04.30</b>	+01:10:24 (63.7%)	11:03	5.4 (36.0%)
609	<b>MICHALSKA Karolina</b>	<b>839</b>	KOMPAS TEAM	K1 16-29	44	00:00:32	00:49:30	<b>01:50:32.25</b>	<b>01:51:04.40</b>	+01:10:25 (63.7%)	11:03	5.4 (36.0%)
610	<b>MUSZYŃSKA Oliwia</b>	<b>853</b>	PIŁA TEAM	K1 16-29	45	00:00:05	00:52:22	<b>01:54:22.25</b>	<b>01:54:28.20</b>	+01:14:15 (64.9%)	11:26	5.2 (34.7%)
611	<b>MUSZYŃSKA Barbara</b>	<b>854</b>	PIŁA TEAM	K3 40-49	67	00:00:06	00:52:45	<b>01:54:57.40</b>	<b>01:55:03.95</b>	+01:14:50 (65.1%)	11:29	5.2 (34.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
612	<b>JADCZAK Danuta</b>	<b>678</b>	SZCZECINSKO-POLICKI KLUB MORSY	K5 60+	2	00:00:16	00:53:07	<b>01:56:25.10</b>	<b>01:56:41.45</b>	+01:16:18 (65.5%)	11:38	5.2 (34.7%)
613	<b>GORYŃSKA Daria</b>	<b>644</b>		K1 16-29	46	00:00:05	00:53:27	<b>01:56:35.70</b>	<b>01:56:41.55</b>	+01:16:29 (65.6%)	11:39	5.1 (34.0%)
614	<b>KOSIANOWSKA Monika</b>	<b>742</b>	GRUPA MALBORK	K4 50-59	18	00:00:38	00:57:10	<b>02:06:44.45</b>	<b>02:07:22.50</b>	+01:26:38 (68.4%)	12:40	4.7 (31.3%)
615	<b>WINIARSKA-GRABOWSKA Agnieszka</b>	<b>1071</b>		K2 30-39	94	00:00:38	00:57:13	<b>02:06:47.45</b>	<b>02:07:26.15</b>	+01:26:41 (68.4%)	12:40	4.7 (31.3%)
616	<b>BĘDKOWSKI Piotr</b>	<b>1429</b>	TRIGYM	M1 16-29	69	00:00:20	00:26:07			+00:06:11	5:13	11.5 (76.7%)
617	<b>KULA Joanna</b>	<b>770</b>		K2 30-39	95	00:00:57	01:03:49			+00:43:53	12:45	4.7 (31.3%)
	<b>KIELISZEK Anna</b>	<b>719</b>	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39		DNF	00:50:05 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 618 wynik(ów)