



IX BIEG SZLAKIEM DZIKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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

Klasyfikacja: M2 30-39

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	KALINOWSKI Zbigniew	1431	JKLA JAWOR JAWORZNO	M2 30-39	1	00:00:01	00:19:56	00:40:06.45	00:40:07.70		4:00	15 (100%)
2	BIENIEK Kamil	1333		M2 30-39	2	00:00:01	00:20:35	00:42:23.75	00:42:25.00	+00:02:17 (5.4%)	4:14	14.2 (94.7%)
3	SIECZKOWSKI Michał	1355		M2 30-39	3	00:00:02	00:20:46	00:42:43.75	00:42:45.95	+00:02:37 (6.1%)	4:16	14 (93.3%)
4	HOPPE Grzegorz	1385	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	4	00:00:00	00:22:14	00:45:14.30	00:45:14.30	+00:05:07 (11.3%)	4:31	13.3 (88.7%)
5	GREGUŁA Wojciech	1422		M2 30-39	5	00:00:03	00:22:32	00:45:14.65	00:45:17.70	+00:05:08 (11.4%)	4:31	13.3 (88.7%)
6	SKÓRSKI Łukasz	980		M2 30-39	6	00:00:01	00:22:29	00:45:49.75	00:45:51.35	+00:05:43 (12.5%)	4:35	13.1 (87.3%)
7	DETLAFF Adam	1379	KP PSP WEJHEROWO	M2 30-39	7	00:00:03	00:22:43	00:47:12.80	00:47:16.25	+00:07:06 (15.1%)	4:43	12.7 (84.7%)
8	IWKO Maciej	676	KW PSP GORZÓW WLKP.	M2 30-39	8	00:00:01	00:23:05	00:47:47.10	00:47:48.20	+00:07:40 (16.1%)	4:46	12.6 (84.0%)
9	CHENON Guillaume	570	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	9	00:00:23	00:24:04	00:48:18.70	00:48:42.30	+00:08:12 (17.0%)	4:49	12.4 (82.7%)
10	ROSZKOWSKI Marcin	1383	KP PSP WEJHEROWO	M2 30-39	10	00:00:00	00:24:37	00:49:37.85	00:49:37.85	+00:09:31 (19.2%)	4:57	12.1 (80.7%)
11	PRZYBYSZ Marcin	930		M2 30-39	11	00:00:03	00:24:14	00:50:04.15	00:50:07.60	+00:09:57 (19.9%)	5:00	12 (80.0%)
12	FAFEREK Piotr	622		M2 30-39	12	00:00:07	00:24:58	00:50:12.00	00:50:19.40	+00:10:05 (20.1%)	5:01	12 (80.0%)
13	KRZACZKOWSKI Łukasz	762		M2 30-39	13	00:00:04	00:24:37	00:50:12.05	00:50:16.65	+00:10:05 (20.1%)	5:01	12 (80.0%)
14	HOLYŃSKI Leszek	672	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	14	00:00:03	00:24:52	00:50:55.90	00:50:59.25	+00:10:49 (21.3%)	5:05	11.8 (78.7%)

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	SIEDLER Martin	969	SV DONSBRUGGEN 06	M2 30-39	15	00:00:25	00:25:14	00:51:04.20	00:51:30.00	+00:10:57 (21.5%)	5:06	11.7 (78.0%)
16	DOLIWKA Kamil	602	KPP WAŁCZ	M2 30-39	16	00:00:00	00:25:18	00:51:08.55	00:51:08.55	+00:11:02 (21.6%)	5:06	11.7 (78.0%)
17	ROGOWSKI Andrzej	1393	SKB DZIK	M2 30-39	17	00:00:03	00:25:01	00:51:14.25	00:51:18.05	+00:11:07 (21.7%)	5:07	11.7 (78.0%)
18	ZYCH Krzysztof	1120	TRIUMF SŁAWOBORZE	M2 30-39	18	00:00:03	00:24:51	00:51:45.90	00:51:48.95	+00:11:39 (22.5%)	5:10	11.6 (77.3%)
19	KUNIKOWSKI Patryk	774	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	19	00:00:14	00:25:59	00:51:54.40	00:52:08.85	+00:11:47 (22.7%)	5:11	11.6 (77.3%)
20	NOWAK Jakub	876		M2 30-39	20	00:00:04	00:25:15	00:51:59.10	00:52:03.20	+00:11:52 (22.8%)	5:11	11.5 (76.7%)
21	JASTAK Paweł	694		M2 30-39	21	00:00:04	00:25:16	00:51:59.75	00:52:04.05	+00:11:53 (22.9%)	5:12	11.5 (76.7%)
22	WRÓBLEWSKI Michał	1097	GRA RUNNERS	M2 30-39	22	00:00:03	00:25:12	00:52:20.00	00:52:23.80	+00:12:13 (23.4%)	5:14	11.5 (76.7%)
23	CHRAPKOWSKI Marcel	574	OCR TEAM WŁOCŁAWEK	M2 30-39	23	00:00:04	00:26:01	00:52:35.60	00:52:40.55	+00:12:29 (23.7%)	5:15	11.4 (76.0%)
24	SKOWYRA Arkadiusz	979	RUNGRYF GRYFICE	M2 30-39	24	00:00:09	00:25:49	00:52:42.25	00:52:51.80	+00:12:35 (23.9%)	5:16	11.4 (76.0%)
25	SROGA Maciej	996		M2 30-39	25	00:00:03	00:25:53	00:53:02.60	00:53:06.10	+00:12:56 (24.4%)	5:18	11.3 (75.3%)
26	LIPERTOWICZ Sebastian	1144		M2 30-39	26	00:00:00	00:26:21	00:53:08.00	00:53:08.00	+00:13:01 (24.5%)	5:18	11.3 (75.3%)
27	CHARĘZA Marcin	569	ZAWADZKIEGO SZCZCEIN	M2 30-39	27	00:00:10	00:25:49	00:53:39.35	00:53:49.80	+00:13:32 (25.3%)	5:21	11.2 (74.7%)
28	MILEJSKI Paweł	843		M2 30-39	28	00:00:12	00:26:42	00:53:59.40	00:54:12.25	+00:13:52 (25.7%)	5:24	11.1 (74.0%)
29	LINKE Rafał	1348	SKB DZIK	M2 30-39	29	00:00:20	00:26:03	00:54:11.50	00:54:32.20	+00:14:05 (26.0%)	5:25	11.1 (74.0%)
30	SŁOWIK Jacek	984		M2 30-39	30	00:00:01	00:26:07	00:54:17.65	00:54:19.60	+00:14:11 (26.1%)	5:25	11 (73.3%)
31	PORZYCH Zbigniew	920		M2 30-39	31	00:00:05	00:25:24	00:54:22.90	00:54:28.10	+00:14:16 (26.2%)	5:26	11 (73.3%)
32	OLEJARZ Damian	881		M2 30-39	32	00:00:02	00:25:49	00:54:32.30	00:54:34.65	+00:14:25 (26.5%)	5:27	11 (73.3%)
33	RYBACKI Roman	955	GIMELA TEAM	M2 30-39	33	00:00:08	00:27:35	00:54:56.40	00:55:05.05	+00:14:49 (27.0%)	5:29	10.9 (72.7%)
34	GARBACIAK Przemysław	632	TOGETHER4EVER	M2 30-39	34	00:00:17	00:26:59	00:55:01.50	00:55:19.15	+00:14:55 (27.1%)	5:30	10.9 (72.7%)
35	KWIATKOWSKI Kajetan	782	GDAŃSKIE DZIKI	M2 30-39	35	00:00:05	00:26:48	00:55:08.50	00:55:14.20	+00:15:02 (27.3%)	5:30	10.9 (72.7%)
36	KISIEL Łukasz	720		M2 30-39	36	00:00:09	00:28:01	00:55:17.55	00:55:26.85	+00:15:11 (27.5%)	5:31	10.9 (72.7%)
37	WOŁOSZYN Wojciech	1086		M2 30-39	37	00:00:10	00:28:00	00:55:20.50	00:55:30.75	+00:15:14 (27.5%)	5:32	10.8 (72.0%)

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38	KAMIŃSKI Sławomir	1343	KMP ŚWINOUJŚCIE	M2 30-39	38	00:00:03	00:26:52	00:55:53.90	00:55:57.10	+00:15:47 (28.2%)	5:35	10.7 (71.3%)
39	WAJS Sebastian	1051		M2 30-39	39	00:00:17	00:27:25	00:56:02.05	00:56:19.65	+00:15:55 (28.4%)	5:36	10.7 (71.3%)
40	LASKOWSKI Tomasz	787	PIĘKNI I BESTIE	M2 30-39	40	00:00:03	00:27:43	00:56:23.70	00:56:27.05	+00:16:17 (28.9%)	5:38	10.6 (70.7%)
41	WAHN Przemysław	1130		M2 30-39	41	00:00:22	00:28:01	00:56:44.95	00:57:07.90	+00:16:38 (29.3%)	5:40	10.6 (70.7%)
42	SOBCZAK Wojciech	988		M2 30-39	42	00:00:15	00:28:07	00:56:50.05	00:57:05.95	+00:16:43 (29.4%)	5:41	10.6 (70.7%)
43	LIEBNER Patryk	1404	AKA DOCHODZENIE ODSZKODOWAŃ	M2 30-39	43	00:00:12	00:28:22	00:57:06.60	00:57:18.65	+00:17:00 (29.8%)	5:42	10.5 (70.0%)
44	KRUK Bartosz	1380		M2 30-39	44	00:00:17	00:27:28	00:57:16.90	00:57:34.35	+00:17:10 (30.0%)	5:43	10.5 (70.0%)
45	WAWRZYNIAK Ireneusz	1357		M2 30-39	45	00:00:13	00:28:08	00:57:34.10	00:57:47.95	+00:17:27 (30.3%)	5:45	10.4 (69.3%)
46	ARLUKIEWICZ Grzegorz	511		M2 30-39	46	00:00:28	00:30:14	00:58:13.40	00:58:41.75	+00:18:06 (31.1%)	5:49	10.3 (68.7%)
47	STAŃCZYK Sławomir	998	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	47	00:00:14	00:29:30	00:58:41.50	00:58:55.65	+00:18:35 (31.7%)	5:52	10.2 (68.0%)
48	KNIOŁA Łukasz	730	PIŁA TEAM	M2 30-39	48	00:00:02	00:28:50	00:58:45.70	00:58:48.45	+00:18:39 (31.7%)	5:52	10.2 (68.0%)
49	SCHERFENBERG Łukasz	964	ZS ZWYROLE	M2 30-39	49	00:00:05	00:29:03	00:58:46.60	00:58:52.25	+00:18:40 (31.8%)	5:52	10.2 (68.0%)
50	PYREK Krzysztof	937	1 RBLOG	M2 30-39	50	00:00:09	00:28:45	00:59:02.35	00:59:11.55	+00:18:55 (32.1%)	5:54	10.2 (68.0%)
51	DZIĘGIELEWSKI Grzegorz	618		M2 30-39	51	00:00:19	00:29:43	00:59:10.50	00:59:30.10	+00:19:04 (32.2%)	5:55	10.1 (67.3%)
52	ŻMUDA Krzysztof	1125	HUSARIA RACE TEAM	M2 30-39	52	00:00:04	00:29:23	00:59:49.20	00:59:53.95	+00:19:42 (33.0%)	5:58	10 (66.7%)
53	KOMSTA Rafał	736		M2 30-39	53	00:00:05	00:29:03	00:59:50.50	00:59:56.45	+00:19:44 (33.0%)	5:59	10 (66.7%)
54	WOŁK Marcin	1084	KSF	M2 30-39	54	00:00:12	00:29:23	01:00:01.50	01:00:13.75	+00:19:55 (33.2%)	6:00	10 (66.7%)
55	GOŁĘBIEWSKI Tomasz	642		M2 30-39	55	00:00:09	00:29:23	01:00:14.70	01:00:24.65	+00:20:08 (33.4%)	6:01	10 (66.7%)
56	WÓJCIK Krzysztof	1093		M2 30-39	56	00:00:11	00:28:37	01:00:14.90	01:00:26.45	+00:20:08 (33.4%)	6:01	10 (66.7%)
57	PAŃCZYK Tomasz	894		M2 30-39	57	00:00:10	00:29:23	01:00:14.95	01:00:25.10	+00:20:08 (33.4%)	6:01	10 (66.7%)
58	ROJEWSKI Mateusz	946		M2 30-39	58	00:00:10	00:29:21	01:00:15.15	01:00:25.25	+00:20:08 (33.4%)	6:01	10 (66.7%)
59	ŻUROWSKI Leszek	1128	POGOŃ SZCZECIN	M2 30-39	59	00:00:25	00:30:34	01:00:20.35	01:00:45.65	+00:20:13 (33.5%)	6:02	9.9 (66.0%)
60	WÓJCIK Tomasz	1092		M2 30-39	60	00:00:09	00:29:18	01:00:25.05	01:00:34.55	+00:20:18 (33.6%)	6:02	9.9 (66.0%)

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61	DYMOWSKI Paweł	1339	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	61	00:00:23	00:29:41	01:00:26.70	01:00:50.60	+00:20:20 (33.6%)	6:02	9.9 (66.0%)
62	SAWA Piotr	962	IRON TEAM SZCZECIN	M2 30-39	62	00:00:16	00:30:23	01:00:32.05	01:00:48.90	+00:20:25 (33.7%)	6:03	9.9 (66.0%)
63	KĘDZIELEWSKI Łukasz	717	ZAWADZKIEGO SZCZECIN	M2 30-39	63	00:00:07	00:29:32	01:00:32.70	01:00:40.65	+00:20:26 (33.8%)	6:03	9.9 (66.0%)
64	STĘPIEŃ Adrian	1008	ADI	M2 30-39	64	00:00:22	00:30:54	01:00:35.85	01:00:58.35	+00:20:29 (33.8%)	6:03	9.9 (66.0%)
65	SKRZYPKOWSKI Łukasz	982	LUKSMASAŻ	M2 30-39	65	00:00:04	00:29:56	01:01:13.00	01:01:17.30	+00:21:06 (34.5%)	6:07	9.8 (65.3%)
66	DUDKA Robert	612		M2 30-39	66	00:00:15	00:31:25	01:01:13.60	01:01:29.55	+00:21:07 (34.5%)	6:07	9.8 (65.3%)
67	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%)
68	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%)
69	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%)
70	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%)
71	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%)
72	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%)
73	HERMANOWICZ Miłoz	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%)
74	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%)
75	BOSENKO Dmitriy	553	DZIKI WROCŁAW	M2 30-39	75	00:00:48	00:31:24	01:03:13.65	01:04:02.10	+00:23:07 (36.6%)	6:19	9.5 (63.3%)
76	QUESADO Paulo	939	DZIKI WROCLAW	M2 30-39	76	00:00:47	00:32:03	01:03:15.10	01:04:02.25	+00:23:08 (36.6%)	6:19	9.5 (63.3%)
77	KLEPAKI Bartosz	723		M2 30-39	77	00:00:34	00:31:31	01:03:29.00	01:04:03.30	+00:23:22 (36.8%)	6:20	9.5 (63.3%)
78	RASZEWSKI Damian	941		M2 30-39	78	00:00:12	00:31:55	01:03:42.60	01:03:54.75	+00:23:36 (37.0%)	6:22	9.4 (62.7%)
79	TOMCZAK Artur	1038	OSP OCIESZYN	M2 30-39	79	00:00:09	00:31:04	01:03:44.10	01:03:53.10	+00:23:37 (37.1%)	6:22	9.4 (62.7%)
80	FRYDRYCH Michał	625	FC AQUILA SZCZECIN	M2 30-39	80	00:00:10	00:30:42	01:03:49.55	01:04:00.25	+00:23:43 (37.2%)	6:23	9.4 (62.7%)
81	ZIÓŁKOWSKI Filip	1118	12 BATALION DOWODZENIA UŁANÓW PODOLSKICH	M2 30-39	81	00:00:18	00:31:08	01:03:51.35	01:04:09.60	+00:23:44 (37.2%)	6:23	9.4 (62.7%)
82	KAMIŃSKI Kacper	710		M2 30-39	82	00:00:15	00:31:22	01:04:04.75	01:04:20.25	+00:23:58 (37.4%)	6:24	9.4 (62.7%)
83	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%)

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84	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%)
85	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%)
86	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%)
87	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%)
88	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%)
89	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%)
90	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%)
91	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%)
92	BUDNY Wojciech	562		M2 30-39	92	00:00:04	00:30:40	01:05:37.45	01:05:42.35	+00:25:31 (38.9%)	6:33	9.1 (60.7%)
93	BIRULA Michał	538		M2 30-39	93	00:00:03	00:30:48	01:06:13.40	01:06:17.20	+00:26:06 (39.4%)	6:37	9.1 (60.7%)
94	OGRODZIŃSKI Przemysław	880		M2 30-39	94	00:00:11	00:33:42	01:06:16.85	01:06:28.50	+00:26:10 (39.5%)	6:37	9.1 (60.7%)
95	GŁADYSZ Jarosław	640		M2 30-39	95	00:00:19	00:31:30	01:06:37.55	01:06:57.05	+00:26:31 (39.8%)	6:39	9 (60.0%)
96	KURDZIEL Michał	777		M2 30-39	96	00:00:53	00:33:47	01:06:40.90	01:07:34.25	+00:26:34 (39.9%)	6:40	9 (60.0%)
97	GADOWSKI Wojciech	628	NIE PROWOKUJ LOCHY	M2 30-39	97	00:00:13	00:33:08	01:06:45.65	01:06:58.65	+00:26:39 (39.9%)	6:40	9 (60.0%)
98	KAMIONKA Andrzej	711	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	98	00:00:11	00:32:42	01:06:48.90	01:07:00.60	+00:26:42 (40.0%)	6:40	9 (60.0%)
99	PTAK Daniel	933	HUSARIA RACE TEAM	M2 30-39	99	00:00:13	00:31:58	01:06:51.10	01:07:04.65	+00:26:44 (40.0%)	6:41	9 (60.0%)
100	ORNATEK Paweł	887		M2 30-39	100	00:00:26	00:33:53	01:07:04.95	01:07:31.30	+00:26:58 (40.2%)	6:42	8.9 (59.3%)
101	ORNATEK Łukasz	888		M2 30-39	101	00:00:26	00:33:54	01:07:30.20	01:07:56.65	+00:27:23 (40.6%)	6:45	8.9 (59.3%)
102	KOWALSKI Daniel	749	DRAGON 10	M2 30-39	102	00:00:18	00:31:10	01:07:35.70	01:07:54.20	+00:27:29 (40.7%)	6:45	8.9 (59.3%)
103	SOWA Krzysztof	992		M2 30-39	103	00:00:17	00:32:33	01:07:42.20	01:07:59.95	+00:27:35 (40.8%)	6:46	8.9 (59.3%)
104	BLOK Mariusz	1252		M2 30-39	104	00:00:19	00:32:09	01:07:47.80	01:08:06.80	+00:27:41 (40.8%)	6:46	8.9 (59.3%)
105	SITEK Alfred	971		M2 30-39	105	00:00:43	00:33:14	01:07:48.90	01:08:32.05	+00:27:42 (40.9%)	6:46	8.8 (58.7%)
106	RYŻ Arkadiusz	956		M2 30-39	106	00:00:07	00:30:41	01:08:26.35	01:08:33.50	+00:28:19 (41.4%)	6:50	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
107	GONTEK Łukasz	643	ŁOSOŚ T.E.A.M.	M2 30-39	107	00:00:08	00:33:48	01:08:43.75	01:08:51.85	+00:28:37 (41.6%)	6:52	8.7 (58.0%)
108	KRUBER Piotr	758		M2 30-39	108	00:00:13	00:33:42	01:08:49.25	01:09:02.30	+00:28:42 (41.7%)	6:52	8.7 (58.0%)
109	PAWŁASZEK Lech	898	DRUŻYNA P	M2 30-39	109	00:00:23	00:31:07	01:08:49.40	01:09:12.65	+00:28:42 (41.7%)	6:52	8.7 (58.0%)
110	SZULC Marcin	1021		M2 30-39	110	00:00:29	00:32:40	01:08:56.70	01:09:26.60	+00:28:50 (41.8%)	6:53	8.7 (58.0%)
111	BOBROWICZ Jakub	545	T.CH. SZCZECIN	M2 30-39	111	00:00:05	00:32:21	01:09:21.15	01:09:26.70	+00:29:14 (42.2%)	6:56	8.7 (58.0%)
112	BŁAZIAK Sebastian	542		M2 30-39	112	00:00:54	00:35:29	01:09:22.10	01:10:17.00	+00:29:15 (42.2%)	6:56	8.6 (57.3%)
113	ŁUKASZEWSKI Michał	809		M2 30-39	113	00:00:28	00:33:21	01:09:46.35	01:10:15.00	+00:29:39 (42.5%)	6:58	8.6 (57.3%)
114	WYSZKOWSKI Michał	1102		M2 30-39	114	00:00:54	00:35:44	01:09:52.10	01:10:46.55	+00:29:45 (42.6%)	6:59	8.6 (57.3%)
115	TRUKAWKA Andrzej	1040		M2 30-39	115	00:00:26	00:33:22	01:09:58.75	01:10:25.70	+00:29:52 (42.7%)	6:59	8.6 (57.3%)
116	ZEMANKIEWICZ Łukasz	1114	KANAŁ 6AM	M2 30-39	116	00:00:22	00:33:03	01:10:06.20	01:10:28.65	+00:29:59 (42.8%)	7:00	8.6 (57.3%)
117	MATYSIAK Sławomir	835		M2 30-39	117	00:00:19	00:35:14	01:10:23.75	01:10:43.10	+00:30:17 (43.0%)	7:02	8.5 (56.7%)
118	BIEGANSKI Tomasz	530		M2 30-39	118	00:00:04	00:32:51	01:10:32.55	01:10:36.60	+00:30:26 (43.1%)	7:03	8.5 (56.7%)
119	BAK Sebastian	526	ŁOSOŚ T.E.A.M.	M2 30-39	119	00:00:08	00:34:29	01:10:44.60	01:10:53.25	+00:30:38 (43.3%)	7:04	8.5 (56.7%)
120	GAJEK Łukasz	629	GIMELA TEAM	M2 30-39	120	00:00:25	00:37:32	01:11:06.55	01:11:31.80	+00:31:00 (43.6%)	7:06	8.4 (56.0%)
121	BIAZIK Piotr	529		M2 30-39	121	00:00:24	00:37:33	01:11:07.05	01:11:31.90	+00:31:00 (43.6%)	7:06	8.4 (56.0%)
122	WOJSZCZYK Michał	1078	BRIDGESTONE STARGARD RUNNERS	M2 30-39	122	00:00:44	00:35:23	01:11:08.25	01:11:52.95	+00:31:01 (43.6%)	7:06	8.4 (56.0%)
123	LIPSKI Łukasz	796	BIEGOHOLLICA	M2 30-39	123	00:00:14	00:36:37	01:11:10.95	01:11:25.20	+00:31:04 (43.7%)	7:07	8.4 (56.0%)
124	KOTWICKI Mariusz	747		M2 30-39	124	00:00:44	00:35:27	01:11:11.80	01:11:56.55	+00:31:05 (43.7%)	7:07	8.4 (56.0%)
125	KOZAK Mirosław	752		M2 30-39	125	00:00:28	00:34:49	01:11:50.20	01:12:18.50	+00:31:43 (44.2%)	7:11	8.4 (56.0%)
126	GUTOWSKI Paweł	662	EMKA STARGARD	M2 30-39	126	00:00:48	00:38:27	01:12:05.25	01:12:54.00	+00:31:58 (44.4%)	7:12	8.3 (55.3%)
127	PAWLUŚ Tomasz	897	WOLNI W BIEGU	M2 30-39	127	00:00:30	00:35:49	01:12:26.85	01:12:57.15	+00:32:20 (44.6%)	7:14	8.3 (55.3%)
128	ELERT Mariusz	620	PAPRYKARZE	M2 30-39	128	00:00:20	00:33:09	01:12:29.45	01:12:50.30	+00:32:23 (44.7%)	7:15	8.3 (55.3%)
129	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	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%)
131	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%)
132	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%)
133	GRABOWSKI Maciej	649		M2 30-39	133	00:00:05	00:35:02	01:14:25.35	01:14:30.55	+00:34:18 (46.1%)	7:26	8.1 (54.0%)
134	CIEPIELA Dariusz	580	BIEGOHOLLICA	M2 30-39	134	00:00:11	00:36:41	01:14:42.60	01:14:53.75	+00:34:36 (46.3%)	7:28	8 (53.3%)
135	NOWACZYK Wojciech	1281		M2 30-39	135	00:00:43	00:37:12	01:15:58.30	01:16:41.55	+00:35:51 (47.2%)	7:35	7.9 (52.7%)
136	SZAKOŁA Paweł	1015		M2 30-39	136	00:00:36	00:39:13	01:16:04.55	01:16:41.50	+00:35:58 (47.3%)	7:36	7.9 (52.7%)
137	HARNER Jacek	667	PANDA I BANDA	M2 30-39	137	00:01:00	00:38:09	01:16:33.95	01:17:34.25	+00:36:27 (47.6%)	7:39	7.8 (52.0%)
138	PCIOEK Jacek	900		M2 30-39	138	00:00:36	00:35:38	01:16:39.15	01:17:15.95	+00:36:32 (47.7%)	7:39	7.8 (52.0%)
139	SKIBA Michał	974	PARKRUN SZCZECIN	M2 30-39	139	00:00:22	00:38:32	01:16:51.55	01:17:13.60	+00:36:45 (47.8%)	7:41	7.8 (52.0%)
140	KLIMECKI Michał	726	CROSS FREAKS GOLENIÓW	M2 30-39	140	00:00:31	00:37:30	01:16:58.00	01:17:29.95	+00:36:51 (47.9%)	7:41	7.8 (52.0%)
141	BIEGAŃSKI Piotr	532		M2 30-39	141	00:00:04	00:35:33	01:17:05.65	01:17:10.25	+00:36:59 (48.0%)	7:42	7.8 (52.0%)
142	JANUS Grzegorz	685		M2 30-39	142	00:00:21	00:35:17	01:17:31.20	01:17:52.45	+00:37:24 (48.3%)	7:45	7.7 (51.3%)
143	ZAWISZA Tomasz	1111	BRIDGESTONE STARGARD RUNNERS	M2 30-39	143	00:00:45	00:38:08	01:18:53.15	01:19:38.75	+00:38:46 (49.2%)	7:53	7.6 (50.7%)
144	SKONECZNY Przemysław	977		M2 30-39	144	00:00:54	00:38:18	01:19:07.50	01:20:01.75	+00:39:01 (49.3%)	7:54	7.6 (50.7%)
145	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%)
146	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%)
147	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%)
148	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%)
149	STASIUK Robert	1000		M2 30-39	149	00:00:38	00:39:11	01:21:05.85	01:21:44.75	+00:40:59 (50.5%)	8:06	7.4 (49.3%)
150	ULATOWSKI Tomasz	1047	HUSARIA RACE TEAM	M2 30-39	150	00:00:06	00:40:16	01:22:17.60	01:22:24.10	+00:42:11 (51.3%)	8:13	7.3 (48.7%)
151	MALEC Kamil	819		M2 30-39	151	00:00:45	00:38:55	01:23:08.10	01:23:53.40	+00:43:01 (51.8%)	8:18	7.2 (48.0%)
152	WASILKO Grzegorz	1056		M2 30-39	152	00:00:22	00:38:41	01:23:35.95	01:23:58.00	+00:43:29 (52.0%)	8:21	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
153	MULARCZYK Krzysztof	1141		M2 30-39	153	00:00:21	00:38:38	01:23:37.00	01:23:58.00	+00:43:30 (52.0%)	8:21	7.2 (48.0%)
154	WOŹNIAK Rafał	1090		M2 30-39	154	00:00:14	00:40:11	01:23:39.05	01:23:53.60	+00:43:32 (52.1%)	8:21	7.2 (48.0%)
155	HEJANKOWSKI Sebastian	669	LUNA WOLVES	M2 30-39	155	00:00:44	00:41:51	01:23:52.30	01:24:36.75	+00:43:45 (52.2%)	8:23	7.2 (48.0%)
156	CUPRYJAK Sebastian	584		M2 30-39	156	00:00:54	00:38:18	01:23:57.20	01:24:51.35	+00:43:50 (52.2%)	8:23	7.1 (47.3%)
157	WROŃSKI Julian	1095	STARGARD JA SIĘ NIE ŚCIGAM	M2 30-39	157	00:00:59	00:45:25	01:24:17.95	01:25:17.10	+00:44:11 (52.4%)	8:25	7.1 (47.3%)
158	MŁODAWSKI Marek	847		M2 30-39	158	00:00:44	00:40:36	01:24:52.55	01:25:37.25	+00:44:46 (52.7%)	8:29	7.1 (47.3%)
159	POST Marcin	921		M2 30-39	159	00:00:34	00:39:56	01:25:40.55	01:26:14.85	+00:45:34 (53.2%)	8:34	7 (46.7%)
160	BILL Łukasz	537	HUSARIA RACE TEAM SZCZECINEK	M2 30-39	160	00:00:56	00:41:45	01:25:42.20	01:26:38.40	+00:45:35 (53.2%)	8:34	7 (46.7%)
161	KOWNACKI Bartosz	751	ZDROWO PIEPRZNIĘCI	M2 30-39	161	00:00:52	00:41:10	01:26:13.40	01:27:05.85	+00:46:06 (53.5%)	8:37	7 (46.7%)
162	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%)
163	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%)
164	JANUSZEWSKI Bartosz	686	GIMELA TEAM	M2 30-39	164	00:00:27	00:41:38	01:28:19.40	01:28:46.85	+00:48:12 (54.6%)	8:49	6.8 (45.3%)
165	JAROSZ Artur	689		M2 30-39	165	00:00:14	00:41:49	01:28:41.15	01:28:55.35	+00:48:34 (54.8%)	8:52	6.8 (45.3%)
166	HOSZOWSKI Rafał	673		M2 30-39	166	00:00:10	00:41:50	01:29:23.65	01:29:33.95	+00:49:17 (55.1%)	8:56	6.7 (44.7%)
167	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%)
168	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%)

Znaleziono 168 wynik(ów)