



IX BIEG SZLAKIEM DZIKA

B4SPORT

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open M

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	SIECHKOWSKI 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	BARAŃSKI Przemysław	1401	KM PSP SZCZECIN/MLUKS TRZEBIATÓW	M1 16-29	1	00:00:01	00:20:56	00:42:53.10	00:42:54.45	+00:02:46 (6.5%)	4:17	14 (93.3%)
5	PRZEKOPOWICZ Bartosz	928	WOJSKO POLSKIE/TEAMSZWARC	M1 16-29	2	00:00:02	00:21:26	00:43:40.40	00:43:42.55	+00:03:33 (8.2%)	4:22	13.7 (91.3%)
6	PLESNER Krzysztof	1283	JRG3 SZCZECIN	M3 40-49	1	00:00:02	00:21:51	00:44:37.70	00:44:39.75	+00:04:31 (10.1%)	4:27	13.4 (89.3%)
7	JAROSIŃSKI Dawid	1342	KP PSP MYŚLIBÓRZ	M3 40-49	2	00:00:01	00:21:57	00:45:07.20	00:45:09.05	+00:05:00 (11.1%)	4:30	13.3 (88.7%)
8	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%)
9	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%)
10	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%)
11	APIECIONEK Mateusz	510	UKL ÓSEMKA POLICE	M1 16-29	3	00:00:01	00:22:29	00:46:05.80	00:46:07.35	+00:05:59 (13.0%)	4:36	13 (86.7%)
12	RUDZIŃSKI Jacek	952	KW PSP SZCZECIN	M4 50-59	1	00:00:01	00:22:33	00:46:19.20	00:46:21.15	+00:06:12 (13.4%)	4:38	12.9 (86.0%)
13	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%)
14	WÓJCIK Paweł	1381	KP PSP WEJHEROWO	M1 16-29	4	00:00:02	00:23:02	00:47:21.00	00:47:23.95	+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	00:47:47.10	00:47:48.20	+00:07:40 (16.1%)	4:46	12.6 (84.0%)
16	GRZELAK Kacper	659	KB HERMES GRYFINO	M1 16-29	5	00:00:02	00:23:42	00:47:47.90	00:47:50.40	+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	00:47:55.45	00:47:56.55	+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	00:47:57.60	00:48:01.65	+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	00:48:04.50	00:48:06.85	+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	00:48:11.55	00:48:15.60	+00:08:05 (16.8%)	4:49	12.5 (83.3%)
21	PAWŁOWSKI Kamil	899	OCR TEAM WŁOCŁAWEK	M1 16-29	7	00:00:04	00:24:04	00:48:11.70	00:48:16.15	+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	00:48:18.70	00:48:42.30	+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	00:48:35.30	00:48:37.50	+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	00:49:18.25	00:49:27.45	+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	00:49:20.15	00:49:29.45	+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	00:49:37.85	00:49:37.85	+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	00:49:40.95	00:49:42.55	+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	00:50:03.75	00:50:18.45	+00:09:57 (19.9%)	5:00	12 (80.0%)
29	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%)
30	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%)
31	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%)
32	GRZESIK Eugeniusz	1255	KM PSP KOSZALIN	M4 50-59	2	00:00:04	00:24:57	00:50:29.45	00:50:33.45	+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	00:50:30.50	00:50:32.05	+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	00:50:39.45	00:50:44.65	+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	00:50:45.35	00:50:47.70	+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	00:50:49.25	00:50:52.20	+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	00:50:55.90	00:50:59.25	+00:10:49 (21.3%)	5:05	11.8 (78.7%)

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38	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%)
39	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%)
40	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%)
41	KACZMAREK Maciej	706	BROS TEAM	M1 16-29	13	00:00:04	00:25:18	00:51:20.30	00:51:24.35	+00:11:13 (21.9%)	5:08	11.7 (78.0%)
42	OLEJNIK Przemek	882		M4 50-59	4	00:00:07	00:25:13	00:51:35.65	00:51:43.60	+00:11:29 (22.3%)	5:09	11.6 (77.3%)
43	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%)
44	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%)
45	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%)
46	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%)
47	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%)
48	KATRYCZ Zbigniew	715		M4 50-59	5	00:00:02	00:25:45	00:52:26.35	00:52:29.25	+00:12:19 (23.5%)	5:14	11.4 (76.0%)
49	GARBACZ Krzysztof	1340		M3 40-49	9	00:00:02	00:25:01	00:52:32.65	00:52:34.70	+00:12:26 (23.7%)	5:15	11.4 (76.0%)
50	CHRAPKOWSKI Marcel	574	OCR TEAM WŁOCLAWEK	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%)
51	GERLICH Kai	636	BRAUNSCHWEIG HASH HOUSE HARRIERS	M1 16-29	14	00:00:07	00:25:46	00:52:40.00	00:52:47.45	+00:12:33 (23.8%)	5:16	11.4 (76.0%)
52	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%)
53	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%)
54	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%)
55	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%)
56	ROGALSKI Marcin	1353	VOCALIS SZCZECIN	M4 50-59	6	00:00:05	00:27:08	00:53:40.95	00:53:46.20	+00:13:34 (25.3%)	5:22	11.2 (74.7%)
57	KAMIŃSKI Antoni	1428		M5 60+	1	00:00:01	00:26:25	00:53:44.70	00:53:46.45	+00:13:38 (25.4%)	5:22	11.2 (74.7%)
58	DUSZA Robert	614		M3 40-49	10	00:00:21	00:26:23	00:53:46.70	00:54:07.85	+00:13:40 (25.4%)	5:22	11.2 (74.7%)
59	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%)
60	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%)

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61	NOWEK Dawid	878	CHUDE BYKI	M1 16-29	15	00:00:00	00:27:26	00:54:11.60	00:54:11.60	+00:14:05 (26.0%)	5:25	11.1 (74.0%)
62	KULA Dawid	769	OŻW SZCZECIN	M1 16-29	16	00:00:57	00:23:13	00:54:13.00	00:55:10.00	+00:14:06 (26.0%)	5:25	11.1 (74.0%)
63	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%)
64	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%)
65	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%)
66	GRYGORCEWICZ Jan	654		M4 50-59	7	00:00:05	00:26:29	00:54:33.35	00:54:38.60	+00:14:26 (26.5%)	5:27	11 (73.3%)
67	BABICZ Wojtek	513	BRIDGESTONE STARGARD SUNNERS	M3 40-49	11	00:00:03	00:26:40	00:54:39.05	00:54:42.85	+00:14:32 (26.6%)	5:27	11 (73.3%)
68	BOJANOWSKI Piotr	1408	BEMO MOTORS	M3 40-49	12	00:00:35	00:28:11	00:54:39.45	00:55:14.80	+00:14:33 (26.6%)	5:27	11 (73.3%)
69	HAWRYLAK Marcin	668	SOSW NR 1 DLA DZIECI NIEPEŁNOSPRAWNYCH RUCHOWO W POLICACH	M4 50-59	8	00:00:03	00:26:59	00:54:45.75	00:54:49.30	+00:14:39 (26.8%)	5:28	11 (73.3%)
70	JODŁOWSKI Marek	701		M3 40-49	13	00:00:18	00:27:38	00:54:46.65	00:55:05.50	+00:14:40 (26.8%)	5:28	11 (73.3%)
71	MUCHA Rafał	1430	KB HERMES	M3 40-49	14	00:00:14	00:27:19	00:54:50.80	00:55:05.70	+00:14:44 (26.9%)	5:29	10.9 (72.7%)
72	ZELEK Darek	1113		M3 40-49	15	00:00:01	00:26:48	00:54:51.20	00:54:53.10	+00:14:44 (26.9%)	5:29	10.9 (72.7%)
73	WOSZCZYK Sebastian	1088		M3 40-49	16	00:00:19	00:27:39	00:54:54.05	00:55:13.55	+00:14:47 (26.9%)	5:29	10.9 (72.7%)
74	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%)
75	WARCHAŁOWSKI Arkadiusz	1053		M3 40-49	17	00:00:13	00:26:51	00:54:58.80	00:55:12.25	+00:14:52 (27.1%)	5:29	10.9 (72.7%)
76	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%)
77	PAWLAK Bartosz	896	HUSARIA RACE TEAM	M1 16-29	17	00:00:03	00:26:32	00:55:02.50	00:55:06.25	+00:14:56 (27.1%)	5:30	10.9 (72.7%)
78	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%)
79	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%)
80	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%)
81	BLAHAK David	539	DUOLIFE TEAM	M1 16-29	18	00:00:03	00:27:05	00:55:21.50	00:55:25.25	+00:15:15 (27.5%)	5:32	10.8 (72.0%)
82	BUŁAWA Michał	563		M1 16-29	19	00:00:10	00:27:18	00:55:27.10	00:55:37.10	+00:15:20 (27.7%)	5:32	10.8 (72.0%)
83	SŁODZIŃSKI Gabriel	983	ŁOSOŚ T.E.A.M.	M1 16-29	20	00:00:08	00:28:04	00:55:51.45	00:55:59.70	+00:15:45 (28.2%)	5:35	10.7 (71.3%)

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84	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%)
85	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%)
86	KORDYS Michał	740	23. BAZA LOTNICTWA TAKTYCZNEGO	M1 16-29	21	00:00:03	00:27:18	00:56:03.30	00:56:07.05	+00:15:56 (28.4%)	5:36	10.7 (71.3%)
87	KOWAL Tomasz	748		M3 40-49	18	00:00:12	00:28:06	00:56:06.95	00:56:19.70	+00:16:00 (28.5%)	5:36	10.7 (71.3%)
88	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%)
89	KRASNODĘBSKI Konrad	1405	BBL POLICE	M3 40-49	19	00:00:07	00:28:35	00:56:33.75	00:56:41.60	+00:16:27 (29.1%)	5:39	10.6 (70.7%)
90	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%)
91	DZIEMECKI Grzegorz	616	SKS HUSARIA	M3 40-49	20	00:00:10	00:27:02	00:56:50.00	00:57:00.30	+00:16:43 (29.4%)	5:41	10.6 (70.7%)
92	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%)
93	CHARLEJ Ireneusz	1336	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49	21	00:00:07	00:27:48	00:57:04.95	00:57:12.05	+00:16:58 (29.7%)	5:42	10.5 (70.0%)
94	JASTRZĘBSKI Daniel	695		M3 40-49	22	00:00:10	00:28:16	00:57:05.05	00:57:15.95	+00:16:58 (29.7%)	5:42	10.5 (70.0%)
95	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%)
96	MARKS Maciej	826	STOWARZYSZENIE DOŁUJE-KOŚCINO	M3 40-49	23	00:00:15	00:27:43	00:57:08.55	00:57:24.45	+00:17:02 (29.8%)	5:42	10.5 (70.0%)
97	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%)
98	WAWRZY尼亚K 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%)
99	DYDEK Arkadiusz	1395	SKB DZIK	M1 16-29	22	00:00:01	00:27:33	00:57:36.85	00:57:38.15	+00:17:30 (30.4%)	5:45	10.4 (69.3%)
100	WASEK Aleksander	1054		M1 16-29	23	00:00:05	00:27:21	00:57:46.45	00:57:51.95	+00:17:40 (30.6%)	5:46	10.4 (69.3%)
101	OSTOJSKI Ireneusz	889	DLL PARTNERS	M3 40-49	24	00:00:13	00:27:42	00:57:46.85	00:58:00.30	+00:17:40 (30.6%)	5:46	10.4 (69.3%)
102	KOŹMIC Ryszard	1259	A/A POLICE	M5 60+	2	00:00:04	00:27:27	00:58:11.25	00:58:15.65	+00:18:04 (31.1%)	5:49	10.3 (68.7%)
103	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%)
104	SZYPKOWSKI Marek	1027	CHWIRAM	M3 40-49	25	00:00:02	00:28:39	00:58:14.35	00:58:16.85	+00:18:07 (31.1%)	5:49	10.3 (68.7%)
105	KACZMAREK Krzysztof	704	OSOWA BIEGA	M3 40-49	26	00:00:08	00:28:11	00:58:19.30	00:58:27.65	+00:18:12 (31.2%)	5:49	10.3 (68.7%)
106	GRYGORCEWICZ Władysław	655	SKB DZIK POLICE	M5 60+	3	00:00:07	00:28:48	00:58:23.80	00:58:30.90	+00:18:17 (31.3%)	5:50	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
107	KUSAK Bartłomiej	778	DZIKI WROCŁAW	M1 16-29	24	00:00:47	00:30:22	00:58:26.45	00:59:13.55	+00:18:20 (31.4%)	5:50	10.3 (68.7%)
108	NAREJKO Paweł	860		M1 16-29	25	00:00:15	00:29:05	00:58:38.30	00:58:53.35	+00:18:31 (31.6%)	5:51	10.2 (68.0%)
109	GERLICH Klaus-Stephan	635	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	9	00:00:05	00:27:26	00:58:41.30	00:58:46.70	+00:18:34 (31.7%)	5:52	10.2 (68.0%)
110	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%)
111	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%)
112	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%)
113	ZERZUT Jarosław	1115	ŚRUNDUNIA SZCZECIN	M4 50-59	10	00:00:22	00:29:51	00:58:46.80	00:59:09.15	+00:18:40 (31.8%)	5:52	10.2 (68.0%)
114	WIŚNIEWSKI Mariusz	1074		M1 16-29	26	00:00:07	00:29:13	00:58:55.65	00:59:02.70	+00:18:49 (31.9%)	5:53	10.2 (68.0%)
115	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%)
116	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%)
117	PASIKOWSKI Kamil	1394	SKB DZIK	M1 16-29	27	00:00:02	00:27:24	00:59:38.35	00:59:41.10	+00:19:31 (32.7%)	5:57	10.1 (67.3%)
118	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%)
119	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%)
120	CIĘŻKI Kuba	1150		M1 16-29	28	00:00:03	00:29:39	00:59:51.05	00:59:54.90	+00:19:44 (33.0%)	5:59	10 (66.7%)
121	SURGUCKI Sebastian	1012	W POGONI ZA DUCHEM	M3 40-49	27	00:00:31	00:31:08	00:59:57.70	01:00:29.10	+00:19:51 (33.1%)	5:59	10 (66.7%)
122	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%)
123	GÓRNIAK Dariusz	1390		M4 50-59	11	00:00:02	00:30:38	01:00:04.50	01:00:06.75	+00:19:58 (33.2%)	6:00	10 (66.7%)
124	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%)
125	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%)
126	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%)
127	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%)
128	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%)
129	WITORZĘĆ Dariusz	1076		M3 40-49	28	00:00:14	00:29:46	01:00:23.95	01:00:38.05	+00:20:17 (33.6%)	6:02	9.9 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	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%)
131	NĘDZUSIAK Dariusz	864	POLKRYŚ TEAM	M4 50-59	12	00:00:24	00:30:44	01:00:26.30	01:00:50.30	+00:20:19 (33.6%)	6:02	9.9 (66.0%)
132	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%)
133	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%)
134	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%)
135	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%)
136	BARSZCZEWSKI Jacek	522	ZDROWO PIEPRZNIĘCI	M3 40-49	29	00:00:50	00:30:14	01:00:40.90	01:01:31.70	+00:20:34 (33.9%)	6:04	9.9 (66.0%)
137	MATUSIAK Rafał	1278		M1 16-29	29	00:00:10	00:29:32	01:00:42.50	01:00:52.75	+00:20:36 (33.9%)	6:04	9.9 (66.0%)
138	PONIEWIERKA Remigiusz	917	DRAGON 10	M3 40-49	30	00:00:17	00:30:10	01:00:42.60	01:01:00.50	+00:20:36 (33.9%)	6:04	9.9 (66.0%)
139	SZYNTOR Mateusz	1026	GRA RUNNERS	M1 16-29	30	00:00:25	00:30:18	01:01:00.55	01:01:26.00	+00:20:54 (34.3%)	6:06	9.8 (65.3%)
140	KONDELA Paweł	737	AKTYWNE CHOSZCZNO	M3 40-49	31	00:00:27	00:30:26	01:01:02.10	01:01:29.35	+00:20:55 (34.3%)	6:06	9.8 (65.3%)
141	GRZYBOWSKI Przemysław	661	KP PSP POLICE	M3 40-49	32	00:00:06	00:30:18	01:01:03.15	01:01:10.00	+00:20:56 (34.3%)	6:06	9.8 (65.3%)
142	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%)
143	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%)
144	SOWISZ Cezary	994	SOWISZ TEAM	M4 50-59	13	00:00:26	00:30:19	01:01:14.80	01:01:40.85	+00:21:08 (34.5%)	6:07	9.8 (65.3%)
145	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%)
146	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%)
147	CZYŁKOWSKI 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%)
148	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%)
149	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%)
150	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%)
151	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%)
152	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%)

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	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%)
154	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%)
155	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%)
156	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%)
157	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%)
158	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%)
159	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%)
160	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%)
161	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%)
162	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%)
163	BOSENKO Dmitriy	553	DZIKI WROCLAW	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%)
164	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%)
165	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%)
166	SKOKOWSKI Jacek	976	ŚRUNDUNIA SZCZECIN	M4 50-59	17	00:00:21	00:31:54	01:03:29.85	01:03:51.40	+00:23:23 (36.8%)	6:21	9.4 (62.7%)
167	BLEW Wojciech	1334		M4 50-59	18	00:00:36	00:31:47	01:03:40.45	01:04:17.15	+00:23:34 (37.0%)	6:22	9.4 (62.7%)
168	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%)
169	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%)
170	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%)
171	LEWANDOWSKI Bartosz	794	OCR TEAM WŁOCŁAWEK	M1 16-29	33	00:00:12	00:30:18	01:03:49.90	01:04:01.95	+00:23:43 (37.2%)	6:22	9.4 (62.7%)
171	ŁAWNICZAK Sebastian	801		M3 40-49	38	00:00:42	00:30:27	01:03:49.90	01:04:31.95	+00:23:43 (37.2%)	6:22	9.4 (62.7%)
173	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%)
174	MAJCHER Piotr	815	PIŁA TEAM	M3 40-49	39	00:00:02	00:31:01	01:03:55.60	01:03:58.50	+00:23:49 (37.3%)	6:23	9.4 (62.7%)
175	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	BOCK Udo	547	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	40	00:00:00	00:31:00	01:04:06.50	01:04:06.50	+00:24:00 (37.4%)	6:24	9.4 (62.7%)
177	ULASS Robert	1046		M3 40-49	41	00:00:23	00:32:01	01:04:12.90	01:04:36.15	+00:24:06 (37.5%)	6:25	9.3 (62.0%)
178	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%)
179	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%)
180	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%)
181	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%)
182	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%)
183	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%)
184	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%)
185	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%)
186	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%)
187	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%)
188	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%)
189	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%)
190	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%)
191	OLESEK 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%)
192	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%)
193	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%)
194	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%)
195	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%)
196	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%)
197	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%)
198	MATUSZAK Mateusz	833	MATUSZAK TEAM	M1 16-29	39	00:00:32	00:33:20	01:05:15.75	01:05:48.20	+00:25:09 (38.5%)	6:31	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
199	KUCHARCZYK Robert	764	RUNGRYF	M3 40-49	46	00:00:11	00:32:42	01:05:19.05	01:05:30.40	+00:25:12 (38.6%)	6:31	9.2 (61.3%)
200	CARŁO Marcin	568	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49	47	00:00:12	00:34:55	01:05:19.40	01:05:31.75	+00:25:12 (38.6%)	6:31	9.2 (61.3%)
201	HAJDUK Maciej	663		M3 40-49	48	00:00:19	00:32:01	01:05:24.50	01:05:44.25	+00:25:18 (38.7%)	6:32	9.2 (61.3%)
202	MASZKIEWICZ Mariusz	831	DZIKI WROCŁAW	M1 16-29	40	00:00:47	00:31:46	01:05:25.30	01:06:13.10	+00:25:18 (38.7%)	6:32	9.2 (61.3%)
203	MLECZEK Roman	846	BABINEK BIEGA	M3 40-49	49	00:00:16	00:33:03	01:05:30.65	01:05:47.60	+00:25:24 (38.8%)	6:33	9.2 (61.3%)
204	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%)
205	MARTUSZEWSKI Ryszard	827		M3 40-49	50	00:00:28	00:30:23	01:05:52.30	01:06:20.65	+00:25:45 (39.1%)	6:35	9.1 (60.7%)
206	NASKRĘT Dariusz	863		M3 40-49	51	00:00:31	00:33:59	01:06:01.65	01:06:33.50	+00:25:55 (39.3%)	6:36	9.1 (60.7%)
207	MOSZYŃSKI Patryk	850	HUSARIA RACE TEAM	M1 16-29	41	00:00:19	00:30:34	01:06:01.95	01:06:21.30	+00:25:55 (39.3%)	6:36	9.1 (60.7%)
208	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%)
209	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%)
210	KASPRZYK Bogdan	1426	KM PSP KOSZALIN	M3 40-49	52	00:00:18	00:33:12	01:06:27.55	01:06:46.30	+00:26:21 (39.7%)	6:38	9 (60.0%)
211	GOZDYRA Darek	646		M3 40-49	53	00:00:20	00:31:49	01:06:31.25	01:06:52.15	+00:26:24 (39.7%)	6:39	9 (60.0%)
212	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%)
213	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%)
214	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%)
215	HNAT Rafał	671	WATAHA WAŁCZ	M3 40-49	54	00:00:19	00:31:34	01:06:46.25	01:07:05.55	+00:26:39 (39.9%)	6:40	9 (60.0%)
216	ŚWIERCZ Dariusz	1030	WATACHA WAŁCZ	M4 50-59	19	00:00:17	00:32:00	01:06:48.05	01:07:05.50	+00:26:41 (40.0%)	6:40	9 (60.0%)
217	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%)
218	BILIŃSKI Zbigniew	536		M4 50-59	20	00:00:35	00:33:12	01:06:50.70	01:07:26.10	+00:26:44 (40.0%)	6:41	9 (60.0%)
219	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%)
220	WIECZOREK Jakub	1063		M1 16-29	42	00:00:17	00:33:25	01:07:01.15	01:07:18.80	+00:26:54 (40.2%)	6:42	9 (60.0%)
221	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
222	BRATKO Przemysław	554		M1 16-29	43	00:00:43	00:33:07	01:07:07.05	01:07:50.90	+00:27:00 (40.2%)	6:42	8.9 (59.3%)
223	CIESZYNSKI Wojciech	582		M3 40-49	55	00:00:16	00:31:43	01:07:16.15	01:07:33.00	+00:27:09 (40.4%)	6:43	8.9 (59.3%)
224	FUDRO Edward	627		M5 60+	6	00:00:34	00:33:21	01:07:23.30	01:07:58.20	+00:27:16 (40.5%)	6:44	8.9 (59.3%)
225	KORZENIAK Wojciech	741		M1 16-29	44	00:00:36	00:33:56	01:07:26.85	01:08:02.95	+00:27:20 (40.5%)	6:44	8.9 (59.3%)
226	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%)
227	STRZEMIŃSKI Bartłomiej	1010		M1 16-29	45	00:00:24	00:33:30	01:07:32.75	01:07:57.05	+00:27:26 (40.6%)	6:45	8.9 (59.3%)
228	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%)
229	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%)
230	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%)
231	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%)
232	HRYNIŁO Marcin	1407	BEMO MOTORS	M3 40-49	56	00:00:36	00:34:57	01:08:10.20	01:08:46.35	+00:28:03 (41.2%)	6:49	8.8 (58.7%)
233	MAKSAJDA Dariusz	818		M3 40-49	57	00:00:24	00:34:00	01:08:15.55	01:08:40.25	+00:28:09 (41.2%)	6:49	8.8 (58.7%)
234	KLIMEK Krzysztof	727		M3 40-49	58	00:00:56	00:34:39	01:08:15.75	01:09:12.65	+00:28:09 (41.2%)	6:49	8.8 (58.7%)
235	BUBEŁA Tomasz	1335		M3 40-49	59	00:00:34	00:33:41	01:08:20.75	01:08:55.35	+00:28:14 (41.3%)	6:50	8.8 (58.7%)
236	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%)
237	STEFAŃCZYK Przemysław	1002	GAZELA ŚWINOUJŚCIE	M3 40-49	60	00:00:17	00:33:19	01:08:38.65	01:08:55.80	+00:28:32 (41.6%)	6:51	8.7 (58.0%)
238	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%)
239	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%)
240	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%)
241	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%)
242	PIERŚCIŃSKI Sławomir	910		M3 40-49	61	00:00:32	00:34:15	01:09:01.05	01:09:33.25	+00:28:54 (41.9%)	6:54	8.7 (58.0%)
243	KUCZA Szymon	767	2 KPZMOT	M1 16-29	46	00:00:11	00:31:29	01:09:14.95	01:09:25.95	+00:29:08 (42.1%)	6:55	8.7 (58.0%)
244	CHUDZIŃSKI Bartosz	577		M3 40-49	62	00:00:27	00:35:37	01:09:18.75	01:09:46.45	+00:29:12 (42.1%)	6:55	8.7 (58.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
245	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%)
246	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%)
247	WRÓBLEWSKI Jarosław	1098	RAZ SZCZECIN	M3 40-49	63	00:00:19	00:33:25	01:09:36.90	01:09:56.80	+00:29:30 (42.4%)	6:57	8.6 (57.3%)
248	JAWORSKI Dawid	1400	SZMERF	M1 16-29	47	00:00:39	00:31:21	01:09:38.20	01:10:17.80	+00:29:31 (42.4%)	6:57	8.6 (57.3%)
249	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%)
250	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%)
251	DOMAGALSKI Sławomir	604	SKB DZIK	M3 40-49	64	00:00:21	00:33:23	01:09:54.45	01:10:15.75	+00:29:48 (42.6%)	6:59	8.6 (57.3%)
252	WILCZOPOLSKI Kamil	1265		M1 16-29	48	00:00:29	00:33:03	01:09:55.65	01:10:25.25	+00:29:49 (42.6%)	6:59	8.6 (57.3%)
253	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%)
254	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%)
255	MAŁOCHA Mariusz	821	DZIADY OCR	M3 40-49	65	00:00:26	00:34:20	01:10:12.60	01:10:39.45	+00:30:06 (42.9%)	7:01	8.5 (56.7%)
256	MAŁOCHA Adam	823	BIEGACZE ŚWINOUJŚCIE	M1 16-29	49	00:00:26	00:34:20	01:10:12.85	01:10:38.95	+00:30:06 (42.9%)	7:01	8.5 (56.7%)
257	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%)
258	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%)
259	STRELCOW Krzysztof	1149		M3 40-49	66	00:00:11	00:34:34	01:10:42.65	01:10:54.10	+00:30:36 (43.3%)	7:04	8.5 (56.7%)
260	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%)
261	WOŁOSZYN Konrad	1085	ADRENALINA TEAM	M3 40-49	67	00:00:20	00:33:32	01:10:59.75	01:11:20.10	+00:30:53 (43.5%)	7:06	8.5 (56.7%)
262	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%)
263	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%)
264	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%)
265	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%)
266	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%)
267	WRÓBLEWSKI Janusz	1099	POŁUPIN	M4 50-59	21	00:00:20	00:34:24	01:11:27.30	01:11:47.35	+00:31:20 (43.9%)	7:08	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
268	ŻUROWSKI Jarosław	1127		M3 40-49	68	00:00:26	00:35:21	01:11:35.70	01:12:01.85	+00:31:29 (44.0%)	7:09	8.4 (56.0%)
269	SIELICKI Patryk	970		M1 16-29	50	00:00:38	00:35:39	01:11:37.65	01:12:16.10	+00:31:31 (44.0%)	7:09	8.4 (56.0%)
270	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%)
271	WIECZOREK Mariusz	1060		M3 40-49	69	00:00:34	00:34:03	01:11:56.00	01:12:30.90	+00:31:49 (44.2%)	7:11	8.3 (55.3%)
272	FIJOLEK Krzysztof	623	VIKING BIKE TEAM	M3 40-49	70	00:00:30	00:35:30	01:11:58.05	01:12:28.10	+00:31:51 (44.3%)	7:11	8.3 (55.3%)
273	GRALEWICZ Robert	650	MUROWANE MORSY	M3 40-49	71	00:00:42	00:37:14	01:12:03.75	01:12:46.05	+00:31:57 (44.3%)	7:12	8.3 (55.3%)
274	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%)
275	SMOCZYK Łukasz	985		M1 16-29	51	00:00:51	00:36:49	01:12:24.80	01:13:16.55	+00:32:18 (44.6%)	7:14	8.3 (55.3%)
276	WOJCIECHOWSKI Krzysztof	1077	STARGARD,JA SIĘ NIE ŚCIGAM	M4 50-59	22	00:00:56	00:38:16	01:12:26.05	01:13:23.00	+00:32:19 (44.6%)	7:14	8.3 (55.3%)
277	WOJCIECHOWSKI Maksymilian	1411	STARGARD JA SIĘ NIE SCIGAM	M1 16-29	52	00:00:56	00:38:17	01:12:26.65	01:13:23.45	+00:32:20 (44.6%)	7:14	8.3 (55.3%)
278	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%)
279	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%)
280	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%)
281	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%)
282	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%)
283	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%)
284	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%)
285	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%)
286	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%)
287	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%)
288	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%)
289	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%)
290	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
291	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%)
292	MATYSEK Ireneusz	1147	KOMANDOS WAŁECKI	M5 60+	7	00:00:36	00:34:05	01:13:57.85	01:14:34.60	+00:33:51 (45.8%)	7:23	8.1 (54.0%)
293	JAWORSKI Krystian	1399	SZMERF	M1 16-29	55	00:00:41	00:34:11	01:14:13.65	01:14:54.80	+00:34:07 (46.0%)	7:25	8.1 (54.0%)
294	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%)
295	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%)
296	LEŚNIEWSKI Wojciech	791		M3 40-49	78	00:00:31	00:38:40	01:14:50.85	01:15:21.95	+00:34:44 (46.4%)	7:29	8 (53.3%)
297	ŻAK Jakub	1122	CHUDE BYKI	M1 16-29	56	00:00:13	00:35:05	01:15:01.05	01:15:14.65	+00:34:54 (46.5%)	7:30	8 (53.3%)
298	SMOLINSKI Artur	986		M3 40-49	79	00:00:41	00:37:19	01:15:24.00	01:16:05.00	+00:35:17 (46.8%)	7:32	8 (53.3%)
299	KACZMAREK Kazimierz	1258	BROS TEAM	M4 50-59	23	00:00:32	00:35:28	01:15:25.35	01:15:58.25	+00:35:18 (46.8%)	7:32	8 (53.3%)
300	SAMBORSKI Radek	961		M1 16-29	57	00:00:59	00:35:10	01:15:36.65	01:16:36.45	+00:35:30 (47.0%)	7:33	7.9 (52.7%)
301	KLESZOWSKI Daniel	724		M3 40-49	80	00:00:32	00:37:31	01:15:41.10	01:16:13.75	+00:35:34 (47.0%)	7:34	7.9 (52.7%)
302	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%)
303	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%)
304	GRODZIŃSKI Arkadiusz	653	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M3 40-49	81	00:00:48	00:37:17	01:16:15.30	01:17:04.10	+00:36:08 (47.4%)	7:37	7.9 (52.7%)
305	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%)
306	PCIONEK 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%)
307	TUMANOWICZ Tomasz	1041		M3 40-49	82	00:00:36	00:35:25	01:16:41.15	01:17:17.85	+00:36:34 (47.7%)	7:40	7.8 (52.0%)
308	SAJKOWSKI Kamil	959	ZESPÓŁ NIESPOKOJNYCH NÓG	M1 16-29	58	00:00:05	00:38:31	01:16:44.40	01:16:49.45	+00:36:37 (47.7%)	7:40	7.8 (52.0%)
309	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%)
310	GAUDEN Piotr	633	SPC/KM UMK TORUŃ	M3 40-49	83	00:00:42	00:38:20	01:16:52.00	01:17:34.85	+00:36:45 (47.8%)	7:41	7.8 (52.0%)
311	OLICHWER Rafał	884		M1 16-29	59	00:00:29	00:37:10	01:16:55.95	01:17:25.20	+00:36:49 (47.9%)	7:41	7.8 (52.0%)
312	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%)
313	DRZEWIECKI Arkadiusz	608	BIEGACZE ŚWINOUJŚCIE	M4 50-59	24	00:00:40	00:39:42	01:17:05.20	01:17:45.45	+00:36:58 (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
314	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%)
315	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%)
316	OMELAŃCZUK Piotr	885	ZDROWO PIEPRZNIĘCI	M3 40-49	84	00:00:53	00:39:12	01:18:44.20	01:19:37.45	+00:38:37 (49.1%)	7:52	7.6 (50.7%)
317	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%)
318	PORAZIŃSKI Przemysław	919		M1 16-29	60	00:00:27	00:37:15	01:18:58.95	01:19:26.50	+00:38:52 (49.2%)	7:53	7.6 (50.7%)
319	BORODYN Andrzej	551	GRUPA DOCHODZENIOWA SAVE THE BEAT	M3 40-49	85	00:00:31	00:36:40	01:19:03.30	01:19:35.05	+00:38:56 (49.3%)	7:54	7.6 (50.7%)
320	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%)
321	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%)
322	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%)
323	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%)
324	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%)
325	JĄSKIEWICZ 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%)
326	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%)
327	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%)
328	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%)
329	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%)
330	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%)
331	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%)
332	PETRUSIEWICZ Paweł	907		M1 16-29	63	00:00:46	00:39:08	01:20:44.65	01:21:31.45	+00:40:38 (50.3%)	8:04	7.4 (49.3%)
333	ROMANOWICZ Marek	948	PARKRUN SZCZECIN	M4 50-59	25	00:00:33	00:38:00	01:20:45.95	01:21:19.20	+00:40:39 (50.3%)	8:04	7.4 (49.3%)
334	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%)
335	OSTROWSKI Piotr	891	23. BAZA LOTNICTWA TAKTYCZNEGO	M3 40-49	90	00:00:47	00:39:07	01:22:09.75	01:22:57.55	+00:42:03 (51.2%)	8:13	7.3 (48.7%)
336	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
337	MICHALAK Tomasz	837		M4 50-59	26	00:00:41	00:38:51	01:22:45.70	01:23:26.85	+00:42:39 (51.5%)	8:16	7.3 (48.7%)
338	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%)
339	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%)
340	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%)
341	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%)
342	KAROL Sławomir	714	LOSZKI I WARCHLAKI	M4 50-59	27	00:00:39	00:40:42	01:23:44.30	01:24:23.85	+00:43:37 (52.1%)	8:22	7.2 (48.0%)
343	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%)
344	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%)
345	PRĘTKI Robert	927		M3 40-49	91	00:00:57	01:01:39	01:23:59.00	01:24:56.30	+00:43:52 (52.2%)	8:23	7.1 (47.3%)
346	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%)
347	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%)
348	KAŹMIERSKI Andrzej	716		M4 50-59	28	00:00:41	00:39:10	01:25:13.10	01:25:55.05	+00:45:06 (52.9%)	8:31	7 (46.7%)
349	PRZYBYSZEWSKI Michał	931	OCR TEAM WŁOCŁAWEK	M1 16-29	64	00:00:43	00:42:35	01:25:38.15	01:26:21.60	+00:45:31 (53.2%)	8:33	7 (46.7%)
350	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%)
351	WAJDA Waldemar	1050		M3 40-49	92	00:00:56	00:41:45	01:25:42.10	01:26:38.40	+00:45:35 (53.2%)	8:34	7 (46.7%)
352	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%)
353	NOWAK Zbigniew	875	KBDZIK	M5 60+	8	00:00:29	00:41:06	01:26:02.35	01:26:31.95	+00:45:55 (53.4%)	8:36	7 (46.7%)
354	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%)
355	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%)
356	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%)
357	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%)
358	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%)
359	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
360	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%)
361	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%)
362	NIEZGODA Adam	871	KOMPAS TEAM	M3 40-49	95	00:00:31	00:43:09	01:28:17.10	01:28:48.35	+00:48:10 (54.6%)	8:49	6.8 (45.3%)
363	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%)
364	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%)
365	MOSKWA Grzegorz	849	12BZ	M3 40-49	96	00:00:49	00:42:04	01:28:56.10	01:29:45.85	+00:48:49 (54.9%)	8:53	6.7 (44.7%)
366	STEMPNIAK Zbigniew	1005	REBELS LEGION TEAM	M3 40-49	97	00:00:51	00:43:55	01:29:01.80	01:29:53.35	+00:48:55 (55.0%)	8:54	6.7 (44.7%)
367	CIEPIELA Przemysław	581		M3 40-49	98	00:00:39	00:42:55	01:29:13.80	01:29:53.35	+00:49:07 (55.1%)	8:55	6.7 (44.7%)
368	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%)
369	TOMASIŃSKI Szymon	1037	OSOWA-BIEGA	M3 40-49	99	00:00:51	00:44:40	01:29:50.25	01:30:41.35	+00:49:43 (55.4%)	8:59	6.7 (44.7%)
370	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%)
371	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%)
372	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%)
373	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%)
374	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%)
375	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%)
376	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%)
377	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%)
378	BARSZCZEWSKI Stanisław	521	KPW ŚWINOUJŚCIE	M3 40-49	102	00:00:41	00:45:25	01:35:21.55	01:36:02.60	+00:55:15 (57.9%)	9:32	6.3 (42.0%)
379	BZDAWKA Rafał	566		M3 40-49	103	00:00:41	00:45:26	01:35:21.95	01:36:03.55	+00:55:15 (57.9%)	9:32	6.3 (42.0%)
380	BODNAR Zbigniew	548		M5 60+	11	00:01:02	00:45:59	01:35:39.05	01:36:41.85	+00:55:32 (58.1%)	9:33	6.3 (42.0%)
381	SADOWSKI Mariusz	957	IRON HOUSE	M3 40-49	104	00:00:49	00:52:29	01:44:12.15	01:45:01.55	+01:04:05 (61.5%)	10:25	5.8 (38.7%)
382	PTASZYŃSKI Jarosław	934	OCR TEAM WŁOCŁAWEK	M3 40-49	105	00:00:48	00:52:29	01:44:13.65	01:45:02.00	+01:04:07 (61.5%)	10:25	5.8 (38.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
383	LEWANDOWSKI Janusz	793	WIECZORNE BIEGANIE W SZCZECINIE	M5 60+	12	00:01:01	00:51:42	01:48:08.15	01:49:09.70	+01:08:01 (62.9%)	10:48	5.5 (36.7%)
384	BĘDKOWSKI Piotr	1429	TRIGYM	M1 16-29	69	00:00:20	00:26:07			+00:06:11	5:13	11.5 (76.7%)

Znaleziono 384 wynik(ów)