

IX EKSTREMALNY DZIKOBIEG

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: DZIKI WEEKEND 2023
Organizator: Stowarzyszenie Klub Biegowy Dzik
Data: 2023-08-20
Miejsce: Police
Dystans: 7.5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
1	PLESNER Krzysztof	420	VO2MAX RACING TEAM	M40	1	Tak	00:56:33.15		7:32	8 (100%)
2	PRZEKOPOWICZ Bartosz	199	WOJSKO POLSKIE	M30	1	Tak	00:58:04.35	+00:01:31 (2.6%)	7:44	7.7 (96.3%)
3	KACZOR Piotr	125	ZALATANI 1.BLTR	M16	1	Tak	00:59:16.90	+00:02:43 (4.6%)	7:54	7.6 (95.0%)
4	SZYPKOWSKI Marek	223	SPORT	M40	2	Tak	01:01:32.40	+00:04:59 (8.1%)	8:12	7.3 (91.3%)
5	KRYGOWSKI Mateusz	145	BEST BEASTS	M30	2	Tak	01:01:37.55	+00:05:04 (8.2%)	8:12	7.3 (91.3%)
6	DYDEK Edyta	255	SKB DZIK	K16	1	Tak	01:02:50.65	+00:06:17 (10.0%)	8:22	7.2 (90.0%)
7	NIERZWICKI Grzegorz	176	GRUPA MALBORK	M40	3	Tak	01:03:51.55	+00:07:18 (11.4%)	8:30	7 (87.5%)
8	ADAMSKI Janusz	267	VO2MAX RACING TEAM	M50	1		01:03:59.55	+00:07:26 (11.6%)	8:31	7 (87.5%)
9	SAKOSIK Krystian	206	KOSAKŁUSOWNIK	M30	3		01:05:22.55	+00:08:49 (13.5%)	8:42	6.9 (86.3%)
10	WÓJCIK Maciej	246		M16	2		01:06:05.20	+00:09:32 (14.4%)	8:48	6.8 (85.0%)
11	RYCAK Bartosz	204	5PINZ	M30	4	Tak	01:06:52.65	+00:10:19 (15.4%)	8:54	6.7 (83.8%)
12	HOŁYŃSKI Leszek	114	FIRE TEAM	M30	5	Tak	01:06:53.50	+00:10:20 (15.5%)	8:55	6.7 (83.8%)
13	PAPLICKI Michał	185	DZIKIE DZIKI GORZÓW	M40	4	Tak	01:07:14.35	+00:10:41 (15.9%)	8:57	6.7 (83.8%)
14	GOŁĘBIEWSKI Tomasz	103	PSP SZCZECIN	M40	5	Tak	01:07:48.00	+00:11:14 (16.6%)	9:02	6.6 (82.5%)
15	CHMIELEWSKI Tomasz	81	VO2MAX RACING TEAM	M40	6		01:09:57.90	+00:13:24 (19.2%)	9:19	6.4 (80.0%)
16	SKOWROŃSKI Andrzej	212	GRUPA MALBORK	M30	6	Tak	01:09:59.20	+00:13:26 (19.2%)	9:19	6.4 (80.0%)
17	OLEJARZ Damian	409	POL-BUD POLICE	M30	7	Tak	01:10:40.25	+00:14:07 (20.0%)	9:25	6.4 (80.0%)
18	SZULC Marcin	222	BOLI BOLI	M40	7		01:10:56.20	+00:14:23 (20.3%)	9:27	6.3 (78.8%)
19	WÓJCICKI Paweł	245	GRUPA MALBORK	M40	8	Tak	01:11:22.85	+00:14:49 (20.8%)	9:30	6.3 (78.8%)
20	KNIAŻ Tomasz	131	HELL'S HEAVEN SZCZECIN	M40	9		01:11:58.85	+00:15:25 (21.4%)	9:35	6.3 (78.8%)
21	GAWRYŚ Rafał	100		M16	3	Tak	01:12:24.85	+00:15:51 (21.9%)	9:39	6.2 (77.5%)
22	POSADZKI Paweł	423	35 BLP SANOK	M40	10	Tak	01:12:44.30	+00:16:11 (22.3%)	9:41	6.2 (77.5%)
23	NAPIERAŁSKI Krzysztof	175	DZIKIE DZIKI GORZÓW	M40	11		01:12:51.90	+00:16:18 (22.4%)	9:42	6.2 (77.5%)
24	DĘBICKI Jakub	88		M16	4		01:13:02.80	+00:16:29 (22.6%)	9:44	6.2 (77.5%)
25	LOBA Jakub	158	SKB DZIK	M16	5		01:13:04.35	+00:16:31 (22.6%)	9:44	6.2 (77.5%)
26	KIELISZEK Grzegorz	342		M40	12		01:13:15.70	+00:16:42 (22.8%)	9:46	6.1 (76.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas netto		Tempo min/km	Tempo km/h
							7.5km	Różn		
27	PASIKOWSKI Kamil	257	SKB DZIK	M16	6	Tak	01:13:23.30	+00:16:50 (22.9%)	9:47	6.1 (76.3%)
28	GRABEK Maciej	105	DZIKIE DZIKI GORZÓW	M30	8		01:13:24.30	+00:16:51 (23.0%)	9:47	6.1 (76.3%)
29	SARAN Tomasz	230	SKB DZIK	M40	13		01:13:34.10	+00:17:00 (23.1%)	9:48	6.1 (76.3%)
30	BĘDKOWSKI Piotr	72	SWIM2TRI	M30	9		01:14:05.90	+00:17:32 (23.7%)	9:52	6.1 (76.3%)
31	ŁUKAWSKI Mariusz	160	8 PLOT KOSZALIN	M30	10	Tak	01:14:12.50	+00:17:39 (23.8%)	9:53	6.1 (76.3%)
32	KĘDZIOR Jakub	258	WARRIORS ŁÓDŹ	M30	11		01:14:14.90	+00:17:41 (23.8%)	9:53	6.1 (76.3%)
33	AUGUŚCIK Marcin	63	OPP SZCZECIN	M30	12	Tak	01:15:23.40	+00:18:50 (25.0%)	10:03	6 (75.0%)
34	NYKOLAJCZUK Robert	407	BRIDGESTONE RUNNERS	M50	2		01:15:49.20	+00:19:16 (25.4%)	10:06	5.9 (73.8%)
35	OSTOJSKI Ireneusz	183	DLL PARTNERS	M40	14		01:15:54.80	+00:19:21 (25.5%)	10:07	5.9 (73.8%)
36	MARZEC Karolina	164	DZIKIE DZIKI GORZÓW	K40	1		01:16:19.10	+00:19:45 (25.9%)	10:10	5.9 (73.8%)
37	SIKORSKI Adam	210	SIKORROVO	M30	13		01:16:45.10	+00:20:11 (26.3%)	10:14	5.9 (73.8%)
38	ZELEK Dariusz	252		M40	15		01:16:59.90	+00:20:26 (26.6%)	10:15	5.8 (72.5%)
39	WOSZCZYK Sebastian	243	GRUPA MALBORK	M40	16	Tak	01:17:09.25	+00:20:36 (26.7%)	10:17	5.8 (72.5%)
40	WOJDYŁA Michał	242	SPINZ	M40	17	Tak	01:17:11.70	+00:20:38 (26.7%)	10:17	5.8 (72.5%)
41	PARADZIŃSKI Dawid	186		M16	7		01:17:27.40	+00:20:54 (27.0%)	10:19	5.8 (72.5%)
42	KURPIEWSKA Agnieszka	85		K30	1	Tak	01:17:42.55	+00:21:09 (27.2%)	10:21	5.8 (72.5%)
43	LEŻYŃSKI Jarosław	157		M40	18		01:17:58.00	+00:21:24 (27.5%)	10:23	5.8 (72.5%)
44	KURPIEWSKI Piotr	153		M30	14	Tak	01:18:24.85	+00:21:51 (27.9%)	10:27	5.7 (71.3%)
45	FURMANIAK Piotr	97	GRUPA MALBORK	M40	19		01:19:42.25	+00:23:09 (29.0%)	10:37	5.6 (70.0%)
46	NOWICKI Marcel	406	SKB DZIK	M16	8		01:19:59.85	+00:23:26 (29.3%)	10:39	5.6 (70.0%)
47	NOWICKI Maciej	405		M40	20	Tak	01:20:00.25	+00:23:27 (29.3%)	10:40	5.6 (70.0%)
48	LUDEW Tomasz	374		M30	15		01:21:28.90	+00:24:55 (30.6%)	10:51	5.5 (68.8%)
49	DYDEK Arkadiusz	262	SKB DZIK	M30	16	Tak	01:21:42.40	+00:25:09 (30.8%)	10:53	5.5 (68.8%)
50	CZERWIŃSKI Paweł	84		M16	9	Tak	01:21:42.90	+00:25:09 (30.8%)	10:53	5.5 (68.8%)
51	PAWLAK Marek	413	KMP SZCZECIN	M30	17	Tak	01:21:48.50	+00:25:15 (30.9%)	10:54	5.5 (68.8%)
52	STĘPNIAK Lesław	218	SKB DZIK	M40	21		01:21:51.25	+00:25:18 (30.9%)	10:54	5.5 (68.8%)
53	SIEDLER Martin	259	MEDICAL CHURCH	M30	18		01:22:18.40	+00:25:45 (31.3%)	10:58	5.5 (68.8%)
54	DUBIEL Monika	93	HELL'S HEAVEN SZCZECIN	K40	2		01:22:43.80	+00:26:10 (31.6%)	11:01	5.4 (67.5%)
55	KOZŁOWSKA Natalia	138	MJDOP	K30	2	Tak	01:22:51.05	+00:26:17 (31.7%)	11:02	5.4 (67.5%)
56	LENCEWICZ Grzegorz	366	VO2MAX RACING TEAM	M30	19		01:23:07.45	+00:26:34 (32.0%)	11:04	5.4 (67.5%)
57	POPCZYK Mriusz	193		M16	10		01:23:07.65	+00:26:34 (32.0%)	11:04	5.4 (67.5%)
58	RUEFFRECK Adam	202	WOLF TEAM	M30	20	Tak	01:23:14.65	+00:26:41 (32.1%)	11:05	5.4 (67.5%)
59	SURMA Kamil	236	ZALATANI 1.BLTR	M40	22	Tak	01:25:40.75	+00:29:07 (34.0%)	11:25	5.3 (66.3%)
60	MOŁDOCH Adam	396		M30	21	Tak	01:25:44.65	+00:29:11 (34.0%)	11:25	5.2 (65.0%)
61	LIBERACKI Oskar	367	2 BATALION SAPERÓW	M16	11	Tak	01:25:44.95	+00:29:11 (34.0%)	11:25	5.2 (65.0%)
62	LIZAK Adrian	371		M30	22		01:25:52.35	+00:29:19 (34.1%)	11:26	5.2 (65.0%)
63	SPYCHAŁA Bartłomiej	445	HELENKA TEAM	M16	12		01:25:52.75	+00:29:19 (34.1%)	11:26	5.2 (65.0%)
64	MADRAK Anna	161	HULK TEAM POLICE	K40	3	Tak	01:25:52.85	+00:29:19 (34.2%)	11:26	5.2 (65.0%)
65	RYKAŁA Krzysztof	436	HELENKA TEAM	M40	23		01:25:55.15	+00:29:22 (34.2%)	11:27	5.2 (65.0%)
66	LEWANDOWSKA Anna	155	HELL'S HEAVEN SZCZECIN	K40	4		01:26:28.00	+00:29:54 (34.6%)	11:31	5.2 (65.0%)
67	MURAWSKA Wioletta	174	SKB DZIK	K50	1		01:27:10.35	+00:30:37 (35.1%)	11:37	5.2 (65.0%)
68	BARANOWSKI Maciej	270	SAVAGES	M40	24		01:27:21.20	+00:30:48 (35.3%)	11:38	5.2 (65.0%)
69	WEBER Mirela	234		K30	3		01:28:24.65	+00:31:51 (36.0%)	11:47	5.1 (63.8%)
70	SADOWSKI Andrzej	205	ZALATANI 1.BLTR	M30	23	Tak	01:28:57.20	+00:32:24 (36.4%)	11:51	5.1 (63.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas netto		Tempo min/km	Tempo km/h
							7.5km	Różn		
71	CIEŚLA Paweł	286	HELL'S HEAVEN SZCZECIN	M30	24		01:29:16.50	+00:32:43 (36.7%)	11:54	5 (62.5%)
72	KOZARZEWSKI Grzegorz	137	ZALATANI 1.BLTR	M30	25	Tak	01:29:19.10	+00:32:45 (36.7%)	11:54	5 (62.5%)
73	KARPAŁA Dominik	337	HELL'S HEAVEN SZCZECIN	M30	26		01:29:19.50	+00:32:46 (36.7%)	11:54	5 (62.5%)
74	OLEKSYK Patryk	182	LUBIE KANAPKI Z SEREM	M30	27		01:29:58.40	+00:33:25 (37.1%)	11:59	5 (62.5%)
75	NOWAK Piotr	178		M16	13		01:30:27.35	+00:33:54 (37.5%)	12:03	5 (62.5%)
76	ZABŁOCKI Paweł	480	BRIDGESTONE RUNNERS	M30	28		01:30:37.85	+00:34:04 (37.6%)	12:04	5 (62.5%)
77	RUTKOWSKI Gracjan	169		M16	14		01:30:50.95	+00:34:17 (37.8%)	12:06	5 (62.5%)
78	OSETEK Sebastian	410	KB HERMES GRYFINO	M30	29		01:31:18.40	+00:34:45 (38.1%)	12:10	4.9 (61.3%)
79	TRYBUKHINA Olha	457	TCG	K40	5		01:31:24.20	+00:34:51 (38.1%)	12:11	4.9 (61.3%)
80	CESAK Grzegorz	79	CENTRUM SZKOLENIA BOJOWEGO DRAWSKO	M30	30	Tak	01:31:42.10	+00:35:08 (38.3%)	12:13	4.9 (61.3%)
81	WITALA Krystian	468		M16	15		01:31:47.90	+00:35:14 (38.4%)	12:14	4.9 (61.3%)
82	LEPPAK Małgorzata	154	CENTRUM SZKOLENIA BOJOWEGO DRAWSKO	K30	4	Tak	01:32:29.60	+00:35:56 (38.9%)	12:19	4.9 (61.3%)
83	FROLOV Artur	96	TENET	M30	31		01:32:45.90	+00:36:12 (39.0%)	12:22	4.9 (61.3%)
84	ARLUKIEWICZ Grzegorz	268	TOST I PIWO	M30	32		01:33:04.75	+00:36:31 (39.2%)	12:24	4.8 (60.0%)
85	WYSOCKA Małgorzata	477		K16	2		01:33:05.65	+00:36:32 (39.3%)	12:24	4.8 (60.0%)
86	ZEMANKIEWICZ Sebastian	486	HELL'S HEAVEN SZCZECIN	M30	33		01:34:24.05	+00:37:50 (40.1%)	12:35	4.8 (60.0%)
87	PIOSIK Arkadiusz	418	HELENKA TEAM	M16	16		01:34:26.55	+00:37:53 (40.1%)	12:35	4.8 (60.0%)
88	KLEPACKI Bartosz	256		M40	25		01:34:46.15	+00:38:13 (40.3%)	12:38	4.7 (58.8%)
89	KUCA Łukasz	356		M30	34		01:34:55.35	+00:38:22 (40.4%)	12:39	4.7 (58.8%)
90	KUCA Anita	357		K30	5		01:34:58.95	+00:38:25 (40.5%)	12:39	4.7 (58.8%)
91	GŁOGOZA Piotr	102		M30	35		01:35:04.05	+00:38:30 (40.5%)	12:40	4.7 (58.8%)
92	PŁUCIENNIK Piotr	269	SAVAGES	M40	26		01:35:10.95	+00:38:37 (40.6%)	12:41	4.7 (58.8%)
93	ROTKIEWICZ Daria	432		K30	6		01:35:17.80	+00:38:44 (40.7%)	12:42	4.7 (58.8%)
94	ZALEWSKI Jacek	483		M50	3		01:35:38.65	+00:39:05 (40.9%)	12:45	4.7 (58.8%)
95	OKOLITA Mateusz	181	DZIKIE DZIKI GORZÓW	M30	36		01:36:32.45	+00:39:59 (41.4%)	12:52	4.7 (58.8%)
96	ANTOSIK Bartosz	62	NA PRZYPALE ALBO WCALE!!!	M40	27		01:37:15.85	+00:40:42 (41.9%)	12:58	4.6 (57.5%)
97	BĄK Tomasz	70	NA PRZYPALE ALBO WCALE!!!	M30	37		01:37:17.40	+00:40:44 (41.9%)	12:58	4.6 (57.5%)
98	SZYSZKO Filip	455		M16	17		01:37:34.50	+00:41:01 (42.0%)	13:00	4.6 (57.5%)
99	KWAPISZ Patryk	363	BRIDGESTONE STARGARD RUNNERS	M30	38		01:39:47.55	+00:43:14 (43.3%)	13:18	4.5 (56.3%)
100	WAHN Przemysław	460		M40	28		01:40:18.80	+00:43:45 (43.6%)	13:22	4.5 (56.3%)
101	DYWELSKI Marcin	303	BRIDGESTONE STARGARD RUNNERS	M40	29		01:40:19.75	+00:43:46 (43.6%)	13:22	4.5 (56.3%)
102	BELARUSAU Yauheni	272	TCG	M16	18		01:40:20.95	+00:43:47 (43.6%)	13:22	4.5 (56.3%)
103	DZIEPAK Piotr	95	ZALATANI 1.BLTR	M40	30	Tak	01:41:06.35	+00:44:33 (44.1%)	13:28	4.5 (56.3%)
104	KWAPIŃSKI Krzysztof	362	WGO LEGAL	M30	39		01:41:07.20	+00:44:34 (44.1%)	13:28	4.5 (56.3%)
105	BARASIŃSKA Daria	65	ZALATANI 1.BLTR	K16	3	Tak	01:41:09.90	+00:44:36 (44.1%)	13:29	4.4 (55.0%)
106	BIELECKI Wojciech	273		M30	40	Tak	01:41:10.75	+00:44:37 (44.1%)	13:29	4.4 (55.0%)
107	KRYGOWSKA Ilona	144	BEST BEASTS	K30	7		01:41:14.05	+00:44:40 (44.1%)	13:29	4.4 (55.0%)
108	PONICHTERA Barbara	192	ZALATANI 1.BLTR	K40	6	Tak	01:41:42.35	+00:45:09 (44.4%)	13:33	4.4 (55.0%)
109	HAWRYŁAK Marcin	110	14ZBOT/142BLP	M50	4	Tak	01:41:49.50	+00:45:16 (44.5%)	13:34	4.4 (55.0%)
110	TUCHAJ Paweł	458		M30	41	Tak	01:41:51.00	+00:45:17 (44.5%)	13:34	4.4 (55.0%)
111	ZDUŃCZYK Paweł	485		M40	31		01:43:15.65	+00:46:42 (45.2%)	13:46	4.4 (55.0%)
112	NOWAK Kamil	402		M30	42		01:43:16.15	+00:46:43 (45.2%)	13:46	4.4 (55.0%)
113	DYDEK Dorota	260	SKB DZIK	K50	2	Tak	01:43:24.20	+00:46:51 (45.3%)	13:47	4.4 (55.0%)
114	KOLEJ Monika	132	DZIKIE DZIKI GORZOW	K40	7		01:43:46.55	+00:47:13 (45.5%)	13:50	4.3 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas		Tempo min/km	Tempo km/h
							netto 7.5km	Różn		
115	MROZIK Mariusz	173	DZIKIE DZIKI GORZÓW	M40	32		01:43:46.85	+00:47:13 (45.5%)	13:50	4.3 (53.8%)
116	TRYSZCZ Tobiasz	227		M30	43		01:43:52.50	+00:47:19 (45.6%)	13:50	4.3 (53.8%)
117	PIOSIK Norbert	419	HELENKA TEAM	M16	19		01:44:28.30	+00:47:55 (45.9%)	13:55	4.3 (53.8%)
118	KUDLASZYK Agata	358	OCR TROPEM WILKA	K30	8		01:44:33.90	+00:48:00 (45.9%)	13:56	4.3 (53.8%)
119	RYCHTER Paweł	435	OCR TROPEM WILKA	M30	44		01:44:34.00	+00:48:00 (45.9%)	13:56	4.3 (53.8%)
120	HERMANOWICZ Miłosz	326	ZS ZWYROLE	M30	45		01:44:51.40	+00:48:18 (46.1%)	13:58	4.3 (53.8%)
121	FLIS Paweł	310		M30	46		01:44:53.50	+00:48:20 (46.1%)	13:59	4.3 (53.8%)
122	GRALEWICZ Robert	106		M40	33		01:45:14.10	+00:48:40 (46.3%)	14:01	4.3 (53.8%)
123	GRALEWICZ Albert	107		M16	20		01:45:14.30	+00:48:41 (46.3%)	14:01	4.3 (53.8%)
124	KUBIK Michał	355		M30	47		01:45:28.55	+00:48:55 (46.4%)	14:03	4.3 (53.8%)
125	ŚWIĄTEK Bronisław	224	SAMOTNY WILK	M60+	1		01:45:41.20	+00:49:08 (46.5%)	14:05	4.3 (53.8%)
126	DORAWA-ZIOMEK Anna	91	DZIKIE ŻÓŁWIE	K30	9		01:47:48.75	+00:51:15 (47.5%)	14:22	4.2 (52.5%)
127	CHWALENCKI Grzegorz	83	TAKTRZEBAŻYĆ	M16	21	Tak	01:47:53.05	+00:51:19 (47.6%)	14:23	4.2 (52.5%)
128	MATUSIAK Agnieszka	386		K30	10		01:48:06.45	+00:51:33 (47.7%)	14:24	4.2 (52.5%)
129	MATUSIAK Mariusz	166		M40	34		01:48:06.60	+00:51:33 (47.7%)	14:24	4.2 (52.5%)
130	POSZUMSKA Gabriela	194		K30	11		01:48:12.85	+00:51:39 (47.7%)	14:25	4.2 (52.5%)
131	PARADZIŃSKA Krzysztofa	412	OCR NOWOGARD	K40	8		01:48:18.55	+00:51:45 (47.8%)	14:26	4.2 (52.5%)
132	DUDKA Robert	94		M30	48		01:48:21.80	+00:51:48 (47.8%)	14:26	4.2 (52.5%)
133	GRĄCZEWSKA- GŁOGOWSKA Magdalena	322		K30	12		01:48:30.70	+00:51:57 (47.9%)	14:28	4.1 (51.3%)
134	KRAWCZYK Mateusz	351		M16	22		01:48:40.60	+00:52:07 (48.0%)	14:29	4.1 (51.3%)
135	FILIPOWICZ Robert	308	HULK TEAM POLICE	M40	35		01:48:55.45	+00:52:22 (48.1%)	14:31	4.1 (51.3%)
136	FILIPOWICZ Patrycja	307	HULK TEAM POLICE	K40	9		01:48:55.75	+00:52:22 (48.1%)	14:31	4.1 (51.3%)
137	FILIPOWICZ Klaudia	306	HULK TEAM POLICE	K16	4		01:48:55.80	+00:52:22 (48.1%)	14:31	4.1 (51.3%)
138	ZYGMUNT Karolina	490		K16	5		01:49:22.35	+00:52:49 (48.3%)	14:34	4.1 (51.3%)
139	ZYGMUNT Tomasz	489		M40	36		01:49:22.75	+00:52:49 (48.3%)	14:34	4.1 (51.3%)
140	CIEŚLA Agnieszka	287	HELL'S HEAVEN SZCZECIN	K30	13		01:49:27.40	+00:52:54 (48.3%)	14:35	4.1 (51.3%)
141	ZAKOŚCIELNA Katarzyna	248	DZIKIE ŻÓŁWIE	K30	14		01:50:56.80	+00:54:23 (49.0%)	14:47	4.1 (51.3%)
142	WIECZOREK Magdalena	235		K40	10		01:51:40.00	+00:55:06 (49.4%)	14:53	4 (50.0%)
143	WIECZOREK Jakub	238		M16	23		01:51:40.20	+00:55:07 (49.4%)	14:53	4 (50.0%)
144	WIECZOREK Wojciech	237		M40	37		01:51:40.60	+00:55:07 (49.4%)	14:53	4 (50.0%)
145	SPÓLNIK Paweł	216	DZIKIE DZIKI GORZÓW	M30	49		01:52:00.10	+00:55:26 (49.5%)	14:56	4 (50.0%)
146	SAWICKI Bartosz	208	DZIKIE DZIKI GORZÓW	M30	50		01:52:33.00	+00:55:59 (49.8%)	15:00	4 (50.0%)
147	BIJACZYK Monika	276		K30	15	Tak	01:53:20.95	+00:56:47 (50.1%)	15:06	4 (50.0%)
148	WYSOCKA Aleksandra	478	OCR TROPEM WILKA	K16	6		01:53:25.50	+00:56:52 (50.1%)	15:07	4 (50.0%)
149	WOJCIESZCZUK Piotr	470	HELL'S HEAVEN SZCZECIN	M16	24		01:53:34.45	+00:57:01 (50.2%)	15:08	4 (50.0%)
150	WOSIAK Paweł	473		M30	51		01:53:57.55	+00:57:24 (50.4%)	15:11	3.9 (48.8%)
151	ŁUCZYŃSKI Daniel	377	XD	M16	25		01:54:28.75	+00:57:55 (50.6%)	15:15	3.9 (48.8%)
152	BORMAN Tomasz	261	ANANASY Z 3 FAL	M30	52		01:55:09.45	+00:58:36 (50.9%)	15:21	3.9 (48.8%)
153	ANDRZEJCZYK Ewelina	61	ANANASY Z 3 FAL	K30	16		01:55:09.75	+00:58:36 (50.9%)	15:21	3.9 (48.8%)
154	URBAN Ewelina	229	ANANASY Z 3 FAL	K30	17		01:55:10.60	+00:58:37 (50.9%)	15:21	3.9 (48.8%)
155	DZIURŁAJ Rafał	304	OCR TROPEM WILKA	M30	53		01:55:22.70	+00:58:49 (51.0%)	15:22	3.9 (48.8%)
156	PAWIŁOJĆ Hanna	189	KLUB-BUBA TEAM	K16	7		01:55:23.95	+00:58:50 (51.0%)	15:23	3.9 (48.8%)
157	KASZA Dawid	340	HELL'S HEAVEN SZCZECIN	M30	54		01:55:28.40	+00:58:55 (51.0%)	15:23	3.9 (48.8%)
158	ZALEWSKI Sylwester	249	VO2MAX RACING TEAM	M40	38		01:55:40.55	+00:59:07 (51.1%)	15:25	3.9 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas		Tempo min/km	Tempo km/h
							netto 7.5km	Różn		
159	KOWALSKI Mateusz	350		M30	55		01:56:16.85	+00:59:43 (51.4%)	15:30	3.9 (48.8%)
160	ĆWIECH Przemysław	295		M30	56		01:56:35.20	+01:00:02 (51.5%)	15:32	3.9 (48.8%)
161	GARLIŃSKA Justyna	98		K40	11		01:56:48.90	+01:00:15 (51.6%)	15:34	3.9 (48.8%)
162	DOBRYCKI Piotr	89	BRIDGESTONE STARGARD RUNNERS	M40	39		01:56:50.85	+01:00:17 (51.6%)	15:34	3.9 (48.8%)
163	KISIEL Kamila	344	BRIDGESTONE STARGARD	K16	8		01:56:52.85	+01:00:19 (51.6%)	15:34	3.9 (48.8%)
164	GARBACIAK Tomasz	313	TCG	M30	57		01:56:54.20	+01:00:21 (51.6%)	15:35	3.8 (47.5%)
165	GAŁAN Mateusz	311	BRIDGESTONE RUNNERS STARGARD	M30	58		01:56:55.30	+01:00:22 (51.6%)	15:35	3.8 (47.5%)
166	HARABASZ Jakub	325	BRIDGESTONE STARGARD RUNNERS	M30	59		01:56:55.80	+01:00:22 (51.6%)	15:35	3.8 (47.5%)
167	PATORA Piotr	188	VO2MAX RACING TEAM	M30	60		01:56:57.80	+01:00:24 (51.6%)	15:35	3.8 (47.5%)
168	KHMIL Albina	341	TCG	K16	9		01:57:00.40	+01:00:27 (51.7%)	15:36	3.8 (47.5%)
169	MIROSHNYCHENKO Olha	394	TCG	K16	10		01:57:00.75	+01:00:27 (51.7%)	15:36	3.8 (47.5%)
170	GIERMAKOWSKI Błażej	316		M16	26		01:57:13.05	+01:00:39 (51.8%)	15:37	3.8 (47.5%)
171	JABŁOŃSKI Wiktor	328		M30	61	Tak	01:57:19.30	+01:00:46 (51.8%)	15:38	3.8 (47.5%)
172	KARCEWICZ Szymon	336		M30	62	Tak	01:57:23.60	+01:00:50 (51.8%)	15:39	3.8 (47.5%)
173	MADEJAK Tomasz	380	KP NIEBUSZEWO	M30	63	Tak	01:57:42.30	+01:01:09 (52.0%)	15:41	3.8 (47.5%)
174	JEŻYK Artur	333	KP NIEBUSZEWO	M40	40	Tak	01:57:42.40	+01:01:09 (52.0%)	15:41	3.8 (47.5%)
175	SZYDŁOWSKI Krzysztof	453	KP NIEBUSZEWO	M40	41	Tak	01:57:42.80	+01:01:09 (52.0%)	15:41	3.8 (47.5%)
176	SUSZA Małgorzata	220		K40	12		01:57:49.20	+01:01:16 (52.0%)	15:42	3.8 (47.5%)
177	NOWAK-PIASECKA Dorota	180		K30	18		01:57:50.45	+01:01:17 (52.0%)	15:42	3.8 (47.5%)
178	GRONIEWICZ Mateusz	323		M30	64		01:58:00.75	+01:01:27 (52.1%)	15:44	3.8 (47.5%)
179	GŁĘBOCKI Adam	317		M16	27		01:58:01.25	+01:01:28 (52.1%)	15:44	3.8 (47.5%)
180	GIERCHOWSKA Monika	315		K30	19		01:58:18.20	+01:01:45 (52.2%)	15:46	3.8 (47.5%)
181	MATUSIEWICZ Aleksander	387	ZS TRAINING CENTER	M30	65		01:58:42.55	+01:02:09 (52.4%)	15:49	3.8 (47.5%)
182	MORDAS Martyna	398	ZS TRAINING CENTER	K16	11		01:58:44.40	+01:02:11 (52.4%)	15:49	3.8 (47.5%)
183	MATYSEK Ireneusz	168	KOMANDOS WAŁECKI	M60+	2		01:59:14.20	+01:02:41 (52.6%)	15:53	3.8 (47.5%)
184	GŁOWACKI Mariusz	318	RADIOTEAM	M30	66	Tak	01:59:21.60	+01:02:48 (52.6%)	15:54	3.8 (47.5%)
185	MICHALCZUK Karolina	389	RADIOTEAM	K30	20		01:59:21.75	+01:02:48 (52.6%)	15:54	3.8 (47.5%)
186	BURDZY Piotr	283	RADIO TEAM	M30	67	Tak	01:59:23.10	+01:02:49 (52.6%)	15:55	3.8 (47.5%)
187	WASILEWSKA Agata	463	RADIOTEAM	K16	12	Tak	01:59:23.90	+01:02:50 (52.6%)	15:55	3.8 (47.5%)
188	KACZMARSKI Krzysztof	334	RADIOTEAM	M30	68	Tak	01:59:26.10	+01:02:52 (52.6%)	15:55	3.8 (47.5%)
189	NOWICKI Sebastian	404	RADIOTEAM	M30	69	Tak	01:59:27.05	+01:02:53 (52.7%)	15:55	3.8 (47.5%)
190	GRZYBEK Marta	109	KLUB-BUBA TEAM	K16	13		01:59:37.95	+01:03:04 (52.7%)	15:56	3.8 (47.5%)
191	WRÓBLEWSKI Tomasz	247		M40	42		02:00:04.80	+01:03:31 (52.9%)	16:00	3.7 (46.3%)
192	WOJSZNIS Rafał	472		M40	43		02:00:31.45	+01:03:58 (53.1%)	16:04	3.7 (46.3%)
193	WOJSZNIS Ola	471		K40	13		02:00:32.05	+01:03:58 (53.1%)	16:04	3.7 (46.3%)
194	JADRYCH Zbigniew	117	STARGARD JA SIĘ NIE ŚCIGAM	M40	44		02:00:40.80	+01:04:07 (53.1%)	16:05	3.7 (46.3%)
195	WOŹNIAK Rafał	244	IHUHU TEAM	M30	70		02:00:46.25	+01:04:13 (53.2%)	16:06	3.7 (46.3%)
196	KIWILSZA Wojciech	128	IHUHU TEAM	M30	71		02:00:52.10	+01:04:18 (53.2%)	16:06	3.7 (46.3%)
197	KUNIKOWSKA Patrycja	148	STARGARD	K30	21		02:01:01.70	+01:04:28 (53.3%)	16:08	3.7 (46.3%)
198	DUBICKI Mikołaj	92	STARGARD JA SIĘ NIE ŚCIGAM	M16	28		02:01:08.25	+01:04:35 (53.3%)	16:09	3.7 (46.3%)
199	PIEPZYK Dorota	191		K30	22		02:01:10.50	+01:04:37 (53.3%)	16:09	3.7 (46.3%)
200	ABRANTOWICZ Maria	265	KOCHAM WOJTKA	K30	23		02:01:15.65	+01:04:42 (53.4%)	16:10	3.7 (46.3%)
201	KWAŚNIEWSKI Wojciech	364	POLANIE PIERZCHNICA	M30	72		02:01:18.60	+01:04:45 (53.4%)	16:10	3.7 (46.3%)
202	WASILEWSKI Andrzej	233	WILKI Z CIECHOCINKA	M40	45		02:01:35.50	+01:05:02 (53.5%)	16:12	3.7 (46.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas		Tempo min/km	Tempo km/h
							netto 7.5km	Różn		
203	KRZYWOŃ Paweł	146		M30	73		02:01:36.40	+01:05:03 (53.5%)	16:12	3.7 (46.3%)
204	WYSOCKI Grzegorz	479		M40	46		02:01:54.80	+01:05:21 (53.6%)	16:15	3.7 (46.3%)
205	WOŚ Franek	474		M16	29		02:01:54.95	+01:05:21 (53.6%)	16:15	3.7 (46.3%)
206	WOŚ-WYSOCKA Kasia	475		K40	14		02:01:55.30	+01:05:22 (53.6%)	16:15	3.7 (46.3%)
207	PIEKARSKA Wioletta	417	FIGHT ACADEMY STARGARD	K40	15		02:01:55.75	+01:05:22 (53.6%)	16:15	3.7 (46.3%)
208	DYMERSKA Dominika	302	FIGHT ACADEMY STARGARD	K30	24		02:01:56.25	+01:05:23 (53.6%)	16:15	3.7 (46.3%)
209	GOŁĘBIEWSKA Elwira	320		K40	16		02:01:56.80	+01:05:23 (53.6%)	16:15	3.7 (46.3%)
210	STELMACH Artur	447		M16	30		02:01:57.00	+01:05:23 (53.6%)	16:15	3.7 (46.3%)
211	CZYŻEWSKI Tomasz	86	TENET	M40	47		02:01:59.40	+01:05:26 (53.6%)	16:15	3.7 (46.3%)
212	KRASÓWKA Arkadiusz	139	TENET	M30	74		02:01:59.80	+01:05:26 (53.6%)	16:15	3.7 (46.3%)
213	ZAWADZKI Andrzej	251	TENET	M16	31		02:02:00.25	+01:05:27 (53.6%)	16:16	3.7 (46.3%)
214	JAKUBIAK Anna	118	TENET	K50	3		02:02:00.45	+01:05:27 (53.6%)	16:16	3.7 (46.3%)
215	MALEC Kamil	382	PDC LOGISTICS	M30	75	Tak	02:02:47.35	+01:06:14 (53.9%)	16:22	3.7 (46.3%)
216	ŁUKASIEWICZ Anna	379	KSF	K40	17		02:03:24.30	+01:06:51 (54.2%)	16:27	3.6 (45.0%)
217	JANUSZ-NADYBAŁ Agnieszka	331	KSF	K40	18		02:03:41.25	+01:07:08 (54.3%)	16:29	3.6 (45.0%)
218	BARTCZAK Justyna	271	KSF	K40	19		02:03:48.55	+01:07:15 (54.3%)	16:30	3.6 (45.0%)
219	KARWACKA Justyna	338	HELL'S HEAVEN SZCZECIN	K30	25		02:04:03.15	+01:07:30 (54.4%)	16:32	3.6 (45.0%)
220	JAWORSKI Marcin	123		M30	76		02:04:08.75	+01:07:35 (54.4%)	16:33	3.6 (45.0%)
221	CZARNOCKI Kamil	293	HELL'S HEAVEN SZCZECIN	M30	77		02:04:23.40	+01:07:50 (54.5%)	16:35	3.6 (45.0%)
222	NOWAK Marta	403	GRUPA AZOTY	K40	20		02:04:53.15	+01:08:20 (54.7%)	16:39	3.6 (45.0%)
223	NOWAK Grzegorz	177	GRUPA AZOTY	M40	48		02:04:53.35	+01:08:20 (54.7%)	16:39	3.6 (45.0%)
224	KARWACKI Rafał	339	HELL'S HEAVEN SZCZECIN	M30	78		02:04:58.70	+01:08:25 (54.8%)	16:39	3.6 (45.0%)
225	WISZNIEWSKI Marcin	239		M40	49	Tak	02:05:39.25	+01:09:06 (55.0%)	16:45	3.6 (45.0%)
226	BAŁKA Michał	64		M30	79		02:05:43.70	+01:09:10 (55.0%)	16:45	3.6 (45.0%)
227	SZAJEK Artur	452	HULK TEAM POLICE	M40	50		02:05:48.50	+01:09:15 (55.0%)	16:46	3.6 (45.0%)
228	SZAJEK Marta	451	HULK TEAM POLICE	K40	21		02:05:49.70	+01:09:16 (55.1%)	16:46	3.6 (45.0%)
229	WIECZOREK Monika	465		K16	14	Tak	02:06:06.15	+01:09:33 (55.2%)	16:48	3.6 (45.0%)
230	LITKOWIEC Patrycja	369		K30	26		02:06:07.60	+01:09:34 (55.2%)	16:48	3.6 (45.0%)
231	LITKOWIEC Szymon	370		M30	80		02:06:07.65	+01:09:34 (55.2%)	16:48	3.6 (45.0%)
232	NOWAK Zbigniew	179	SKB DZIK	M60+	3		02:06:26.45	+01:09:53 (55.3%)	16:51	3.6 (45.0%)
233	SOBIECHOWSKI Jakub	213		M16	32		02:06:34.35	+01:10:01 (55.3%)	16:52	3.6 (45.0%)
234	GRĄCZEWSKA Matylda	321		K30	27		02:06:36.70	+01:10:03 (55.3%)	16:52	3.6 (45.0%)
235	SOBIECHOWSKI Dawid	214		M16	33		02:06:37.90	+01:10:04 (55.3%)	16:52	3.6 (45.0%)
236	KRUK Agnieszka	143	GRUPA MALBORK	K40	22		02:06:43.55	+01:10:10 (55.4%)	16:53	3.6 (45.0%)
237	MASYS Agnieszka	165	GRUPA MALBORK	K40	23	Tak	02:06:47.80	+01:10:14 (55.4%)	16:54	3.5 (43.8%)
238	SZEWCZYK Ludmiła	221	GRUPA MALBORK	K30	28		02:06:48.90	+01:10:15 (55.4%)	16:54	3.5 (43.8%)
239	STANISZ Kamila	446	HELL'S HEAVEN SZCZECIN	K16	15		02:06:53.80	+01:10:20 (55.4%)	16:55	3.5 (43.8%)
240	STACHOWICZ Małgorzata	217		K40	24		02:06:55.30	+01:10:22 (55.4%)	16:55	3.5 (43.8%)
241	SZAFRANEK Dawid	450	OCR TROPEM WILKA	M16	34		02:07:06.00	+01:10:32 (55.5%)	16:56	3.5 (43.8%)
242	SOLARCZYK Oliwia	444	OCR TROPEM WILKA	K16	16		02:07:13.30	+01:10:40 (55.5%)	16:57	3.5 (43.8%)
243	KRÓLAK Danuta	353	OCR TROPEM WILKA	K40	25		02:07:19.60	+01:10:46 (55.6%)	16:58	3.5 (43.8%)
244	KUŚ Maciej	361	OCR TROPEM WILKA	M30	81		02:07:19.80	+01:10:46 (55.6%)	16:58	3.5 (43.8%)
245	BRENDA Grzegorz	280		M30	82		02:07:39.00	+01:11:05 (55.7%)	17:01	3.5 (43.8%)
246	BRENDA Jowita	279		K30	29		02:07:39.05	+01:11:05 (55.7%)	17:01	3.5 (43.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas		Tempo min/km	Tempo km/h
							netto 7.5km	Różn		
247	ZARZECKA Kamila	250	GRUPA MALBORK	K30	30		02:07:45.50	+01:11:12 (55.7%)	17:02	3.5 (43.8%)
248	PĘDZIK Marek	415		M30	83		02:09:08.40	+01:12:35 (56.2%)	17:13	3.5 (43.8%)
249	GIETKO Piotr	101	MIĘTUSY	M40	51		02:09:15.35	+01:12:42 (56.2%)	17:14	3.5 (43.8%)
250	SĘK Dariusz	441		M40	52		02:09:16.25	+01:12:43 (56.3%)	17:14	3.5 (43.8%)
251	BRZOZA Maciek	282	TOST I PIWO	M40	53		02:09:19.35	+01:12:46 (56.3%)	17:14	3.5 (43.8%)
252	SUWAJ Tymon	448	WGO LEGAL	M16	35		02:09:19.40	+01:12:46 (56.3%)	17:14	3.5 (43.8%)
253	SĘK Alan	442	MIĘTUSY	M16	36		02:09:22.80	+01:12:49 (56.3%)	17:14	3.5 (43.8%)
254	LIPERTOWICZ Adrianna	368	CRAZY FISH	K50	4		02:09:26.75	+01:12:53 (56.3%)	17:15	3.5 (43.8%)
255	KUBIAK Monika	147	TRANING TANK	K40	26		02:09:38.65	+01:13:05 (56.4%)	17:17	3.5 (43.8%)
256	SAWICKA - WERS Urszula	207	NADMORSZY BIEGACZE KOŁOBRZEG	K30	31		02:09:57.40	+01:13:24 (56.5%)	17:19	3.5 (43.8%)
257	PAWŁOWSKA Urszula	190	TRANING TANK	K30	32		02:09:59.10	+01:13:25 (56.5%)	17:19	3.5 (43.8%)
258	HNAT Rafał	111		M50	5	Tak	02:09:59.25	+01:13:26 (56.5%)	17:19	3.5 (43.8%)
259	ŚWIERCZ Dariusz	225		M50	6	Tak	02:10:00.55	+01:13:27 (56.5%)	17:20	3.5 (43.8%)
260	JABŁONKA Mariusz	115	DZIADY OCR	M40	54		02:10:38.95	+01:14:05 (56.7%)	17:25	3.4 (42.5%)
261	JAWORSKI Dawid	121	KUTANG-KLAN	M30	84		02:10:53.25	+01:14:20 (56.8%)	17:27	3.4 (42.5%)
262	JAWORSKI Krystian	122	KUTANG-KLAN	M16	37		02:10:54.40	+01:14:21 (56.8%)	17:27	3.4 (42.5%)
263	CIĘŻKI Mariusz	288		M40	55		02:10:58.95	+01:14:25 (56.8%)	17:27	3.4 (42.5%)
264	MIKULSKI Marcin	392	KFL	M30	85		02:11:14.20	+01:14:41 (56.9%)	17:29	3.4 (42.5%)
265	PUCHALSKA Emilia	427		K30	33		02:11:19.90	+01:14:46 (56.9%)	17:30	3.4 (42.5%)
266	GOWORSKI Jerzy	104		M30	86		02:11:37.60	+01:15:04 (57.0%)	17:32	3.4 (42.5%)
267	SZACHNOWSKI Tomasz	449	KSF	M16	38	Tak	02:11:56.10	+01:15:22 (57.1%)	17:35	3.4 (42.5%)
268	KLEMENSKA Sylwia	345	KSF	K30	34		02:12:00.35	+01:15:27 (57.2%)	17:36	3.4 (42.5%)
269	ZIĘCINA Monika	487	KSF	K30	35		02:12:23.40	+01:15:50 (57.3%)	17:39	3.4 (42.5%)
270	TRZECIAK Piotr	228		M30	87		02:13:16.55	+01:16:43 (57.6%)	17:46	3.4 (42.5%)
271	MARZEC Klaudia	384		K16	17		02:13:52.65	+01:17:19 (57.8%)	17:50	3.4 (42.5%)
272	CIĘŻKI Kuba	289		M16	39		02:13:53.20	+01:17:20 (57.8%)	17:51	3.4 (42.5%)
273	MAKOWSKA Joanna	381		K30	36		02:13:58.50	+01:17:25 (57.8%)	17:51	3.4 (42.5%)
274	RÓŻYCKA-FALÓW Agnieszka	433		K30	37		02:13:59.30	+01:17:26 (57.8%)	17:51	3.4 (42.5%)
275	FALÓW Jacek	305		M30	88		02:14:07.90	+01:17:34 (57.8%)	17:52	3.4 (42.5%)
276	KUREK Oskar	152	PANDA	M16	40		02:14:13.15	+01:17:40 (57.9%)	17:53	3.4 (42.5%)
277	KUREK Paulina	151	PCHEŁKA	K16	18		02:14:23.15	+01:17:50 (57.9%)	17:55	3.3 (41.3%)
278	JAŚKIEWICZ Krzysztof	120		M40	56		02:15:19.10	+01:18:45 (58.2%)	18:02	3.3 (41.3%)
279	ROMANOWICZ Monika	200	DZIKIE ŻÓŁWIE	K30	38		02:15:28.35	+01:18:55 (58.3%)	18:03	3.3 (41.3%)
280	WIŚNIEWSKA Marta	240	IHUHU TEAM	K30	39		02:16:02.25	+01:19:29 (58.4%)	18:08	3.3 (41.3%)
281	SKORŁUTOWSKI Wojciech	211	IHUHU TEAM	M30	89		02:16:02.55	+01:19:29 (58.4%)	18:08	3.3 (41.3%)
282	KIERUJ Jakub	127	IHUHU TEAM	M16	41		02:16:02.85	+01:19:29 (58.4%)	18:08	3.3 (41.3%)
283	BEDNARZ Katarzyna	71	NESSI TEAM	K40	27		02:16:51.30	+01:20:18 (58.7%)	18:14	3.3 (41.3%)
284	KOZACZUK Grzegorz	136		M40	57		02:16:59.75	+01:20:26 (58.7%)	18:15	3.3 (41.3%)
285	DANILUK-DUPLA Ewa	87	WIECZORNE BIEGANIE W SZCZECINIE	K40	28		02:17:34.25	+01:21:01 (58.9%)	18:20	3.3 (41.3%)
286	MARKS Katarzyna	163	STOWARZYSZENIE DOŁUJE KOŚCINO	K40	29		02:17:34.90	+01:21:01 (58.9%)	18:20	3.3 (41.3%)
287	MATUSZEWSKA Edyta	167	WIECZORNE BIEGANIE W SZCZECINIE	K40	30		02:17:35.05	+01:21:01 (58.9%)	18:20	3.3 (41.3%)
288	PASZKO Daniel	187	WIECZORNE BIEGANIE W SZCZECINIE	M40	58		02:17:35.70	+01:21:02 (58.9%)	18:20	3.3 (41.3%)
289	MILEWSKA Marta	492		K30	40		02:17:40.55	+01:21:07 (58.9%)	18:21	3.3 (41.3%)
290	KUREK Hubert	150		M30	90		02:17:40.95	+01:21:07 (58.9%)	18:21	3.3 (41.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas netto		Tempo min/km	Tempo km/h
							7.5km	Różn		
291	LASZKIEWICZ Samanta	365	MGTEAM	K40	31		02:17:58.65	+01:21:25 (59.0%)	18:23	3.3 (41.3%)
292	BRZEZINSKA Dorota	281	MGTEAM	K50	5		02:18:18.05	+01:21:44 (59.1%)	18:26	3.3 (41.3%)
293	SUCHODOLSKA Aleksandra	219	DZIKIE ŻÓŁWIE	K30	41		02:18:31.95	+01:21:58 (59.2%)	18:28	3.2 (40.0%)
294	CZERKASOW Piotr	294		M40	59		02:19:00.00	+01:22:26 (59.3%)	18:32	3.2 (40.0%)
295	ROPIAK Renata	502		K40	32		02:19:41.90	+01:23:08 (59.5%)	18:37	3.2 (40.0%)
296	CHENON Guillaume	80	WIECZORNE BIEGANIE W SZCZECINIE	M40	60		02:19:41.95	+01:23:08 (59.5%)	18:37	3.2 (40.0%)
297	LUTOBORSKI Tymoteusz	375		M30	91	Tak	02:20:12.20	+01:23:39 (59.7%)	18:41	3.2 (40.0%)
298	ŁAWNICZAK Sebastian	159		M40	61		02:20:12.30	+01:23:39 (59.7%)	18:41	3.2 (40.0%)
299	LUTOBORSKI Alicja	376		K30	42	Tak	02:20:12.90	+01:23:39 (59.7%)	18:41	3.2 (40.0%)
300	PRABUCKA Karolina	196		K40	33		02:21:28.20	+01:24:55 (60.0%)	18:51	3.2 (40.0%)
301	PRABUCKI Jarosław	197		M40	62		02:21:28.80	+01:24:55 (60.0%)	18:51	3.2 (40.0%)
302	PRABUCKA Oliwia	425		K16	19		02:21:29.55	+01:24:56 (60.0%)	18:51	3.2 (40.0%)
303	WIECZOREK Marcin	467		M16	42		02:21:34.25	+01:25:01 (60.1%)	18:52	3.2 (40.0%)
304	ZABORNIAK Beata	482		K16	20	Tak	02:22:40.35	+01:26:07 (60.4%)	19:01	3.2 (40.0%)
305	ZABORNIAK Kuba	481	SKB DZIK	M16	43		02:22:48.50	+01:26:15 (60.4%)	19:02	3.2 (40.0%)
306	SOWA Krzysztof	215		M30	92		02:23:12.50	+01:26:39 (60.5%)	19:05	3.1 (38.8%)
307	BARSZCZEWSKI Stanisław	68	BIEGACZE ŚWINOUJŚCIE	M50	7		02:24:56.50	+01:28:23 (61.0%)	19:19	3.1 (38.8%)
308	BARSZCZEWSKA Małgorzata	67	BIEGACZE ŚWINOUJŚCIE	K40	34		02:25:10.25	+01:28:37 (61.0%)	19:21	3.1 (38.8%)
309	BARSZCZEWSKI Adrian	69	BIEGACZE ŚWINOUJŚCIE	M16	44	Tak	02:25:15.50	+01:28:42 (61.1%)	19:22	3.1 (38.8%)
310	KOTULSKA Marta	135	BIEGACZE ŚWINOUJŚCIE	K16	21		02:25:15.80	+01:28:42 (61.1%)	19:22	3.1 (38.8%)
311	KIESZKOWSKA Barbara	343		K40	35	Tak	02:25:33.70	+01:29:00 (61.1%)	19:24	3.1 (38.8%)
312	NOWAK Marta	401		K30	43		02:25:35.50	+01:29:02 (61.2%)	19:24	3.1 (38.8%)
313	CZAJKOWSKA Dodi	291		K30	44	Tak	02:25:38.90	+01:29:05 (61.2%)	19:25	3.1 (38.8%)
314	PIECHOWSKA Karolina	416		K16	22	Tak	02:25:46.35	+01:29:13 (61.2%)	19:26	3.1 (38.8%)
315	BZDAWKA Joanna	78		K40	36		02:25:57.75	+01:29:24 (61.3%)	19:27	3.1 (38.8%)
316	CZARNECKA Marta	495		K30	45		02:27:09.65	+01:30:36 (61.6%)	19:37	3.1 (38.8%)
317	JARZĘBSKA Nina	496		K40	37		02:27:12.60	+01:30:39 (61.6%)	19:37	3.1 (38.8%)
318	MUCHA Agnieszka	399	2 BATALION SAPERÓW	K30	46	Tak	02:27:34.10	+01:31:00 (61.7%)	19:40	3 (37.5%)
319	WOJCIECHOWSKA Joanna	469		K16	23		02:27:36.90	+01:31:03 (61.7%)	19:40	3 (37.5%)
320	CZAJKOWSKI Rafał	292		M30	93	Tak	02:28:03.40	+01:31:30 (61.8%)	19:44	3 (37.5%)
321	KŁOBUCKA Patrycja	346	MGTEAM	K30	47		02:29:40.25	+01:33:07 (62.2%)	19:57	3 (37.5%)
322	GAWROŃSKA Maja	314	MGTEAM	K30	48		02:29:41.95	+01:33:08 (62.2%)	19:57	3 (37.5%)
323	PYSKIR Ada	429	MGTEAM	K30	49		02:29:47.75	+01:33:14 (62.2%)	19:58	3 (37.5%)
324	MIELNICZEK Emilia	390	MGTEAM	K30	50		02:29:49.90	+01:33:16 (62.3%)	19:58	3 (37.5%)
325	MISIASZEK Anna	395	MGTEAM	K30	51		02:29:56.65	+01:33:23 (62.3%)	19:59	3 (37.5%)
326	GAŁĄZKA Łukasz	312	MGTEAM	M30	94		02:29:58.15	+01:33:25 (62.3%)	19:59	3 (37.5%)
327	KUJAWA Emilia	359	MGTEAM	K40	38		02:30:00.30	+01:33:27 (62.3%)	20:00	3 (37.5%)
328	KOLASINSKA Aleksandra	348	KSF	K30	52		02:32:01.60	+01:35:28 (62.8%)	20:16	3 (37.5%)
329	RIEGER Zuzanna	431	WGO LEGAL	K30	53		02:32:29.00	+01:35:55 (62.9%)	20:19	3 (37.5%)
330	DĘBSKA Kamila	298	KSF	K30	54		02:32:36.30	+01:36:03 (62.9%)	20:20	2.9 (36.3%)
331	MIKSZTUROWICZ Anna	391	KSF	K40	39		02:32:36.45	+01:36:03 (62.9%)	20:20	2.9 (36.3%)
332	NIEDOPAD Julita	400	KSF	K40	40		02:32:36.60	+01:36:03 (62.9%)	20:20	2.9 (36.3%)
333	ROZGA Michał	201		M40	63	Tak	02:33:56.35	+01:37:23 (63.3%)	20:31	2.9 (36.3%)
334	OSTROWSKA Ina	184		K40	41	Tak	02:33:59.90	+01:37:26 (63.3%)	20:31	2.9 (36.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
335	WIECZOREK Mariusz	466		M50	8	Tak	02:36:34.45	+01:40:01 (63.9%)	20:52	2.9 (36.3%)
336	KRAWCZYK Joanna	352		K40	42		02:36:34.60	+01:40:01 (63.9%)	20:52	2.9 (36.3%)
337	WASIELEWSKA Katarzyna	461		K30	55		02:38:17.50	+01:41:44 (64.3%)	21:06	2.8 (35.0%)
338	WASIELEWSKI Mariusz	462		M30	95		02:38:19.30	+01:41:46 (64.3%)	21:06	2.8 (35.0%)
339	RYBACKA Agnieszka	203	IHUUH TEAM	K16	24		02:38:36.20	+01:42:03 (64.3%)	21:08	2.8 (35.0%)
340	WIŚNIEWSKI Mariusz	241	IHUUH TEAM	M30	96		02:38:36.95	+01:42:03 (64.3%)	21:08	2.8 (35.0%)
341	PŁOSA Arkadiusz	422		M40	64		02:38:57.30	+01:42:24 (64.4%)	21:11	2.8 (35.0%)
342	PŁOSA Monika	421		K40	43		02:38:57.40	+01:42:24 (64.4%)	21:11	2.8 (35.0%)
343	KRÓL Krzysztof	141	GARAGE PARTY	M30	97		02:42:02.30	+01:45:29 (65.1%)	21:36	2.8 (35.0%)
344	BOŚKO Paulina	74	GARAGE PARTY	K30	56		02:43:24.20	+01:46:51 (65.4%)	21:47	2.8 (35.0%)
345	KRÓL Magdalena	140	GARAGE PARTY	K30	57		02:43:24.50	+01:46:51 (65.4%)	21:47	2.8 (35.0%)
346	KOSIANOWSKA Monika	134	GRUPA MALBORK ♥MALBORSKIE MORSY ♥	K50	6		02:43:28.00	+01:46:54 (65.4%)	21:47	2.8 (35.0%)
347	KOŁACZYŃSKA Monika	133		K50	7		02:43:45.95	+01:47:12 (65.5%)	21:50	2.7 (33.8%)
348	HOŁOWCZYC Julia	113	ZMĘCZENI JUŻ NA STARCIE	K30	58		02:49:19.30	+01:52:46 (66.6%)	22:34	2.7 (33.8%)
349	WARCHOŁ Kamil	232	DZIKI SPECJALNEJ TROSKI	M16	45		03:03:51.00	+02:07:17 (69.2%)	24:30	2.4 (30.0%)
349	MATYSIAK Sławomir	169	DZIKI SPECJALNEJ TROSKI	M30	98		03:03:51.00	+02:07:17 (69.2%)	24:30	2.4 (30.0%)
351	KNAPIK Justyna	130		K30	59		03:03:51.35	+02:07:18 (69.2%)	24:30	2.4 (30.0%)
351	ZEMŁA Dawid	253	DZIKI SPECJALNEJ TROSKI	M30	99		03:03:51.35	+02:07:18 (69.2%)	24:30	2.4 (30.0%)
353	JĘDRYKA Anna	124	DZIKI SPECJALNEJ TROSKI	K30	60		03:03:52.05	+02:07:18 (69.2%)	24:30	2.4 (30.0%)
354	BARCIK Kamil	66	DZIKI SPECJALNEJ TROSKI	M30	100		03:03:52.95	+02:07:19 (69.2%)	24:30	2.4 (30.0%)

Znaleziono 354 wynik(ów)