



IX NOCNY BIEG SZLAKIEM DZIKA

B4SPORT

Wydarzenie: Dziki Weekend 2019
Organizator: Stowarzyszenie Klub Biegowy Dzik
Data: 2019-08-16
Miejsce: Police
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	SKÓRSKI Łukasz	980		M2 30-39	1	00:00:01	00:21:38.05	00:21:39.45		4:19	13.9 (100%)
2	PRZEKOPOWICZ Bartosz	928	WOJSKO POLSKIE/TEAMSZWARC	M1 16-29	1	00:00:01	00:21:45.70	00:21:47.40	+00:00:07 (0.6%)	4:21	13.8 (99.3%)
3	APIECIONEK Mateusz	510	UKL ÓSEMKA POLICE	M1 16-29	2	00:00:01	00:22:02.70	00:22:04.40	+00:00:24 (1.9%)	4:24	13.6 (97.8%)
4	IWKO Maciej	676	KW PSP GORZÓW WLKP.	M2 30-39	2	00:00:01	00:22:25.65	00:22:27.15	+00:00:47 (3.5%)	4:29	13.4 (96.4%)
5	KUPIS Hubert	775	AKADEMIA MARYNARKI WOJENNEJ	M1 16-29	3	00:00:03	00:22:27.20	00:22:30.20	+00:00:49 (3.6%)	4:29	13.4 (96.4%)
6	RUDZIŃSKI Jacek	952	KW PSP SZCZECIN	M4 50-59	1	00:00:02	00:23:03.80	00:23:06.00	+00:01:25 (6.2%)	4:36	13 (93.5%)
7	PAWŁOWSKI Kamil	899	OCR TEAM WŁOCŁAWEK	M1 16-29	4	00:00:03	00:23:07.55	00:23:10.75	+00:01:29 (6.5%)	4:37	13 (93.5%)
8	DOLEŻEK Krystian	601		M3 40-49	1	00:00:03	00:23:30.75	00:23:34.40	+00:01:52 (8.0%)	4:42	12.8 (92.1%)
9	OLEJARZ Damian	881		M2 30-39	3	00:00:01	00:23:36.20	00:23:38.10	+00:01:58 (8.3%)	4:43	12.7 (91.4%)
10	CHENON Guillaume	570	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	4	00:00:11	00:23:42.80	00:23:54.00	+00:02:04 (8.8%)	4:44	12.6 (90.6%)
11		1413				00:00:02	00:23:46.40	00:23:49.10	+00:02:08 (9.0%)	4:45	12.6 (90.6%)
12		1412				00:00:03	00:23:46.50	00:23:49.70	+00:02:08 (9.0%)	4:45	12.6 (90.6%)
13	RUDZIŃSKI Jakub	953	SA PSP	M1 16-29	5	00:00:02	00:23:49.35	00:23:52.25	+00:02:11 (9.2%)	4:46	12.6 (90.6%)
14	GRZELAK Kacper	659	KB HERMES GRYFINO	M1 16-29	6	00:00:01	00:24:04.05	00:24:05.95	+00:02:26 (10.1%)	4:48	12.5 (89.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	RYBACKI Roman	955	GIMELA TEAM	M2 30-39	5	00:00:10	00:24:12.40	00:24:22.80	+00:02:34 (10.6%)	4:50	12.4 (89.2%)
16	ZGUTKA Tomasz	1116	HUSARIA RACE TEAM	M3 40-49	2	00:00:02	00:24:13.15	00:24:15.65	+00:02:35 (10.7%)	4:50	12.4 (89.2%)
17	HOŁYŃSKI Leszek	672	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	6	00:00:02	00:24:36.20	00:24:38.40	+00:02:58 (12.1%)	4:55	12.2 (87.8%)
18	KRZACZKOWSKI Łukasz	762		M2 30-39	7	00:00:03	00:24:36.45	00:24:40.30	+00:02:58 (12.1%)	4:55	12.2 (87.8%)
19	PRZYBYSZ Marcin	930		M2 30-39	8	00:00:03	00:24:42.95	00:24:46.55	+00:03:04 (12.5%)	4:56	12.1 (87.1%)
20	ZYCH Krzysztof	1120	TRIUMF SŁAWOBORZE	M2 30-39	9	00:00:02	00:24:44.00	00:24:46.90	+00:03:05 (12.5%)	4:56	12.1 (87.1%)
21	KRZEŚNIEWSKI Marcin	1305	ROWEROWY ZAŁOM	M3 40-49	3	00:00:01	00:24:44.75	00:24:46.45	+00:03:06 (12.6%)	4:57	12.1 (87.1%)
22	ADAMSKI Janusz	505		M4 50-59	2	00:00:02	00:24:56.50	00:24:58.90	+00:03:18 (13.3%)	4:59	12 (86.3%)
23	WASILEWSKI Andrzej	1055		M3 40-49	4	00:00:07	00:24:59.70	00:25:07.40	+00:03:21 (13.4%)	5:00	12 (86.3%)
24	JASTAK Paweł	694		M2 30-39	10	00:00:03	00:25:02.50	00:25:06.40	+00:03:24 (13.6%)	5:00	12 (86.3%)
25	GARBACIAK Przemysław	632	TOGETHER4EVER	M2 30-39	11	00:00:08	00:25:04.20	00:25:12.30	+00:03:26 (13.7%)	5:00	12 (86.3%)
26	SERWIN Krzysztof	966	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	12	00:00:09	00:25:04.40	00:25:14.05	+00:03:26 (13.7%)	5:01	12 (86.3%)
27	KACZMAREK Maciej	706	BROS TEAM	M1 16-29	7	00:00:04	00:25:04.60	00:25:08.60	+00:03:26 (13.7%)	5:00	12 (86.3%)
28	PAWLAK Bartosz	896	HUSARIA RACE TEAM	M1 16-29	8	00:00:02	00:25:09.65	00:25:12.25	+00:03:31 (14.0%)	5:02	11.9 (85.6%)
29	SIEDLER Martin	969	SV DONSBRUGGEN 06	M2 30-39	13	00:00:21	00:25:14.60	00:25:36.15	+00:03:36 (14.3%)	5:03	11.9 (85.6%)
30	GRZESIK Eugeniusz	1255	KM PSP KOSZALIN	M4 50-59	3	00:00:03	00:25:14.80	00:25:17.90	+00:03:36 (14.3%)	5:02	11.9 (85.6%)
31	PORZYCH Zbigniew	920		M2 30-39	14	00:00:09	00:25:19.10	00:25:28.45	+00:03:41 (14.6%)	5:03	11.8 (84.9%)
32	SZYPKOWSKI Marek	1027	CHWIRAM	M3 40-49	5	00:00:01	00:25:20.15	00:25:21.85	+00:03:42 (14.6%)	5:04	11.8 (84.9%)
33	WRÓBLEWSKI Michał	1097	GRA RUNNERS	M2 30-39	15	00:00:00	00:25:20.90	00:25:20.90	+00:03:42 (14.7%)	5:04	11.8 (84.9%)
34	DOLIWKA Kamil	602	KPP WAŁCZ	M2 30-39	16	00:00:03	00:25:23.10	00:25:26.95	+00:03:45 (14.8%)	5:04	11.8 (84.9%)
35	SROGA Maciej	996		M2 30-39	17	00:00:02	00:25:23.45	00:25:25.45	+00:03:45 (14.8%)	5:04	11.8 (84.9%)
36	KRUPIŃSKI Marcin	1410		M2 30-39	18	00:00:04	00:25:25.35	00:25:29.55	+00:03:47 (14.9%)	5:05	11.8 (84.9%)
37	OLEJNIK Przemek	882		M4 50-59	4	00:00:04	00:25:27.65	00:25:32.40	+00:03:49 (15.0%)	5:05	11.8 (84.9%)

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38	ZABOROWSKA Małgorzata	1104	GRARUNNERS/OSP PŁOTY	K2 30-39	1	00:00:04	00:25:30.75	00:25:35.50	+00:03:52 (15.2%)	5:06	11.8 (84.9%)
39	NOWAK Jakub	876		M2 30-39	19	00:00:06	00:25:32.60	00:25:39.25	+00:03:54 (15.3%)	5:06	11.7 (84.2%)
40	GRYGORCEWICZ Jan	654		M4 50-59	5	00:00:02	00:25:35.65	00:25:37.95	+00:03:57 (15.5%)	5:07	11.7 (84.2%)
41	ZELEK Darek	1113		M3 40-49	6	00:00:02	00:25:36.30	00:25:38.35	+00:03:58 (15.5%)	5:07	11.7 (84.2%)
42	WUJDA Mirosław	1100	ERNI RULEZ	M3 40-49	7	00:00:03	00:25:39.70	00:25:43.30	+00:04:01 (15.7%)	5:08	11.7 (84.2%)
43	SŁOWIK Jacek	984		M2 30-39	20	00:00:01	00:25:45.70	00:25:47.50	+00:04:07 (16.0%)	5:09	11.6 (83.5%)
44	KATRYCZ Zbigniew	715		M4 50-59	6	00:00:04	00:25:48.40	00:25:52.55	+00:04:10 (16.2%)	5:09	11.6 (83.5%)
45	CHARĘZA Marcin	569	ZAWADZKIEGO SZCZCEIN	M2 30-39	21	00:00:09	00:25:51.00	00:26:00.65	+00:04:12 (16.3%)	5:10	11.6 (83.5%)
46	LIPERTOWICZ Sebastian	1144		M2 30-39	22	00:00:04	00:25:51.35	00:25:55.65	+00:04:13 (16.3%)	5:10	11.6 (83.5%)
47	WARCHAŁOWSKI Arkadiusz	1053		M3 40-49	8	00:00:13	00:25:52.60	00:26:06.35	+00:04:14 (16.4%)	5:10	11.6 (83.5%)
48	SAWICKI Bartosz	963	DZIKIE DZIKI GORZÓW	M1 16-29	9	00:00:13	00:25:55.75	00:26:09.70	+00:04:17 (16.6%)	5:11	11.6 (83.5%)
49	BOJANOWSKI Piotr	1408	BEMO MOTOR	M3 40-49	9	00:00:13	00:25:59.50	00:26:12.50	+00:04:21 (16.8%)	5:11	11.5 (82.7%)
50	BABICZ Wojtek	513	BRIDGESTONE STARGARD SUNNERS	M3 40-49	10	00:00:04	00:26:01.80	00:26:06.35	+00:04:23 (16.9%)	5:12	11.5 (82.7%)
51	MILEJSKI Paweł	843		M2 30-39	23	00:00:11	00:26:03.10	00:26:14.95	+00:04:25 (17.0%)	5:12	11.5 (82.7%)
52	ADAMOWICZ Daniel	1374	KB PIONIER	M2 30-39	24	00:00:08	00:26:05.00	00:26:13.40	+00:04:26 (17.1%)	5:13	11.5 (82.7%)
53	DYDEK Edyta	1396	SKB DZIK	K1 16-29	1	00:00:01	00:26:08.95	00:26:10.40	+00:04:30 (17.3%)	5:13	11.5 (82.7%)
54	KRZACZKOWSKA Iwona	761	DZIKI WROCŁAW	K2 30-39	2	00:00:03	00:26:11.65	00:26:14.65	+00:04:33 (17.4%)	5:14	11.5 (82.7%)
55	GRYGORCEWICZ Jan	1397		M1 16-29	10	00:00:02	00:26:14.10	00:26:16.10	+00:04:36 (17.5%)	5:14	11.4 (82.0%)
56	JODŁOWSKI Marek	701		M3 40-49	11	00:00:15	00:26:16.10	00:26:31.70	+00:04:38 (17.6%)	5:15	11.4 (82.0%)
57	BLAHAK David	539	DUOLIFE TEAM	M1 16-29	11	00:00:03	00:26:16.50	00:26:19.70	+00:04:38 (17.7%)	5:15	11.4 (82.0%)
58	KORDYS Michał	740	23. BAZA LOTNICTWA TAKTYCZNEGO	M1 16-29	12	00:00:04	00:26:24.50	00:26:28.70	+00:04:46 (18.1%)	5:16	11.4 (82.0%)
59	WAJS Sebastian	1051		M2 30-39	25	00:00:07	00:26:27.35	00:26:34.95	+00:04:49 (18.2%)	5:17	11.3 (81.3%)
60	DZIEMECKI Grzegorz	616	SKS HUSARIA	M3 40-49	12	00:00:04	00:26:28.65	00:26:32.80	+00:04:50 (18.3%)	5:17	11.3 (81.3%)

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61	SŁODZIŃSKI Gabriel	983	ŁOSOŚ T.E.A.M.	M1 16-29	13	00:00:02	00:26:31.40	00:26:33.70	+00:04:53 (18.4%)	5:18	11.3 (81.3%)
62	KWIATKOWSKI Kajetan	782	GDAŃSKIE DZIKI	M2 30-39	26	00:00:04	00:26:34.75	00:26:39.50	+00:04:56 (18.6%)	5:19	11.3 (81.3%)
63	KRASNODĘBSKI Konrad	1405	BBL POLICE	M3 40-49	13	00:00:06	00:26:35.00	00:26:41.30	+00:04:56 (18.6%)	5:19	11.3 (81.3%)
64	KOWAL Tomasz	748		M3 40-49	14	00:00:06	00:26:36.30	00:26:42.85	+00:04:58 (18.7%)	5:19	11.3 (81.3%)
65	HAWRYLAK Marcin	668	SOSW NR 1 DLA DZIECI NIEPEŁNOSPRAWNYCH RUCHOWO W POLICACH	M4 50-59	7	00:00:02	00:26:41.75	00:26:44.25	+00:05:03 (19.0%)	5:20	11.2 (80.6%)
66	ARLUKIEWICZ Grzegorz	511		M2 30-39	27	00:00:13	00:26:42.10	00:26:55.70	+00:05:04 (19.0%)	5:20	11.2 (80.6%)
67	WOSZCZYK Sebastian	1088		M3 40-49	15	00:00:14	00:26:43.20	00:26:57.60	+00:05:05 (19.0%)	5:20	11.2 (80.6%)
68	LACHOWICZ Blanka	785	HUSARIA RACE TEAM	K2 30-39	3	00:00:00	00:26:54.80	00:26:54.80	+00:05:16 (19.6%)	5:22	11.2 (80.6%)
69	NOWEK Dawid	878	CHUDE BYKI	M1 16-29	14	00:00:11	00:26:56.15	00:27:07.20	+00:05:18 (19.7%)	5:23	11.1 (79.9%)
70	SKOWYRA Arkadiusz	979	RUNGRYF GRYFICE	M2 30-39	28	00:00:16	00:26:59.20	00:27:16.10	+00:05:21 (19.8%)	5:24	11.1 (79.9%)
71	CHRAPKOWSKI Marcel	574	OCR TEAM WŁOCŁAWEK	M2 30-39	29	00:00:19	00:26:59.50	00:27:18.75	+00:05:21 (19.8%)	5:23	11.1 (79.9%)
72	KLAUZINSKI Michał	721		M1 16-29	15	00:00:03	00:27:00.90	00:27:04.55	+00:05:22 (19.9%)	5:24	11.1 (79.9%)
73	JASTRZĘBSKI Daniel	695		M3 40-49	16	00:00:06	00:27:05.65	00:27:12.35	+00:05:27 (20.2%)	5:25	11.1 (79.9%)
74	DUSZA Robert	614		M3 40-49	17	00:06:54	00:27:06.10	00:34:00.85	+00:05:28 (20.2%)	5:25	11.1 (79.9%)
75	STEFAŃCZYK Przemysław	1002	GAZELA ŚWINOUJŚCIE	M3 40-49	18	00:06:54	00:27:06.20	00:34:00.20	+00:05:28 (20.2%)	5:25	11.1 (79.9%)
76	ŻUROWSKI Leszek	1128	POGOŃ SZCZECIN	M2 30-39	30	00:00:05	00:27:24.50	00:27:30.00	+00:05:46 (21.1%)	5:29	10.9 (78.4%)
77	CIĘŻKI Kuba	1150		M1 16-29	16	00:00:03	00:27:25.60	00:27:29.50	+00:05:47 (21.1%)	5:29	10.9 (78.4%)
78	KOMSTA Rafał	736		M2 30-39	31	00:00:05	00:27:27.10	00:27:32.30	+00:05:49 (21.2%)	5:29	10.9 (78.4%)
79	NAREJKO Paweł	860		M1 16-29	17	00:00:04	00:27:30.55	00:27:35.30	+00:05:52 (21.4%)	5:30	10.9 (78.4%)
80	BUŁAWA Michał	563		M1 16-29	18	00:00:17	00:27:31.90	00:27:49.55	+00:05:53 (21.4%)	5:30	10.9 (78.4%)
81	KISIEL Łukasz	720		M2 30-39	32	00:00:11	00:27:34.75	00:27:45.90	+00:05:56 (21.6%)	5:30	10.9 (78.4%)
82	GĄGOL Marek	1403		M2 30-39	33	00:00:16	00:27:39.50	00:27:56.20	+00:06:01 (21.8%)	5:32	10.8 (77.7%)
83	DZIĘGIELEWSKI Grzegorz	618		M2 30-39	34	00:00:09	00:27:44.50	00:27:53.95	+00:06:06 (22.0%)	5:32	10.8 (77.7%)

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84	WOŁOSZYN Wojciech	1086		M2 30-39	35	00:00:00	00:27:46.00	00:27:46.00	+00:06:07 (22.1%)	5:33	10.8 (77.7%)
85	MARZEC Karolina	828	DZIKIE DZIKI GORZÓW	K3 40-49	1	00:00:02	00:27:47.45	00:27:49.95	+00:06:09 (22.2%)	5:33	10.8 (77.7%)
86	PYREK Krzysztof	937	1 RBLOG	M2 30-39	36	00:00:06	00:27:53.95	00:28:00.20	+00:06:15 (22.5%)	5:34	10.8 (77.7%)
87	MARKS Maciej	826	STOWARZYSZENIE DOŁUJE-KOŚCINO	M3 40-49	19	00:00:21	00:27:54.05	00:28:15.80	+00:06:16 (22.5%)	5:34	10.8 (77.7%)
88	GOŁĘBIEWSKI Tomasz	642		M2 30-39	37	00:00:10	00:27:55.15	00:28:05.55	+00:06:17 (22.5%)	5:35	10.7 (77.0%)
89	DYDEK Arkadiusz	1395		M1 16-29	19	00:00:02	00:27:55.60	00:27:57.90	+00:06:17 (22.5%)	5:35	10.7 (77.0%)
90	MATUSIAK Rafał	1278		M1 16-29	20	00:00:09	00:27:57.15	00:28:06.30	+00:06:19 (22.6%)	5:35	10.7 (77.0%)
91	KNIOŁA Łukasz	730	PIŁA TEAM	M2 30-39	38	00:00:07	00:27:57.35	00:28:05.05	+00:06:19 (22.6%)	5:35	10.7 (77.0%)
92	WIŚNIEWSKI Mariusz	1074		M1 16-29	21	00:00:00	00:27:57.50	00:27:57.50	+00:06:19 (22.6%)	5:35	10.7 (77.0%)
93	KAMIŃSKA Adriana	709	BBL POLICE	K2 30-39	4	00:00:05	00:27:58.80	00:28:04.50	+00:06:20 (22.7%)	5:35	10.7 (77.0%)
94	WÓJCIK Tomasz	1092		M2 30-39	39	00:00:05	00:28:03.10	00:28:08.50	+00:06:25 (22.9%)	5:36	10.7 (77.0%)
95	DOLEŻEK Agnieszka	600	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	5	00:00:03	00:28:03.30	00:28:06.50	+00:06:25 (22.9%)	5:36	10.7 (77.0%)
96	SCHERFENBERG Łukasz	964	ZS ZWYROLE	M2 30-39	40	00:00:09	00:28:11.60	00:28:20.65	+00:06:33 (23.3%)	5:38	10.6 (76.3%)
97	PAŃCZYK Tomasz	894		M2 30-39	41	00:00:09	00:28:17.35	00:28:26.70	+00:06:39 (23.5%)	5:39	10.6 (76.3%)
98	ROSIK Sebastian	1377	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	42	00:00:09	00:28:21.45	00:28:31.10	+00:06:43 (23.7%)	5:40	10.6 (76.3%)
99	ŻMUDA Krzysztof	1125	HUSARIA RACE TEAM	M2 30-39	43	00:00:03	00:28:23.40	00:28:27.25	+00:06:45 (23.8%)	5:40	10.6 (76.3%)
100	WAHN Przemysław	1130		M2 30-39	44	00:00:17	00:28:24.20	00:28:42.00	+00:06:46 (23.8%)	5:41	10.6 (76.3%)
101	DESZCZ Artur	1416		M2 30-39	45	00:00:15	00:28:26.25	00:28:42.10	+00:06:48 (23.9%)	5:41	10.5 (75.5%)
102	LIEBNER Patryk	1404	AKA DOCHODZENIE ODSZKODOWAŃ	M2 30-39	46	00:00:15	00:28:28.30	00:28:43.75	+00:06:50 (24.0%)	5:41	10.5 (75.5%)
103	WOJTKOWIAK Rafał	1080		M3 40-49	20	00:00:08	00:28:30.40	00:28:38.60	+00:06:52 (24.1%)	5:42	10.5 (75.5%)
104	OSTOJSKI Ireneusz	889	DLL PARTNERS	M3 40-49	21	00:00:06	00:28:30.45	00:28:37.35	+00:06:52 (24.1%)	5:42	10.5 (75.5%)
105	SAWA Piotr	962	IRON TEAM SZCZECIN	M2 30-39	47	00:00:16	00:28:31.55	00:28:47.60	+00:06:53 (24.2%)	5:42	10.5 (75.5%)
106	ROJEWSKI Mateusz	946		M2 30-39	48	00:00:09	00:28:33.05	00:28:42.10	+00:06:55 (24.2%)	5:42	10.5 (75.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	GRYGORCEWICZ Władysław	655	SKB DZIK POLICE	M5 60+	1	00:00:03	00:28:33.10	00:28:36.10	+00:06:55 (24.2%)	5:42	10.5 (75.5%)
108	ALABRUDZIŃSKA Agnieszka	1423		K2 30-39	6	00:00:11	00:28:34.05	00:28:45.80	+00:06:56 (24.3%)	5:42	10.5 (75.5%)
109	GŁADYSZ Jarosław	640		M2 30-39	49	00:00:09	00:28:34.35	00:28:43.45	+00:06:56 (24.3%)	5:42	10.5 (75.5%)
110	NIKLAS Malgorzata	872	KSF	K2 30-39	7	00:00:10	00:28:37.30	00:28:47.55	+00:06:59 (24.4%)	5:43	10.5 (75.5%)
111	WOŁK Marcin	1084	KSF	M2 30-39	50	00:00:09	00:28:37.95	00:28:47.90	+00:06:59 (24.4%)	5:43	10.5 (75.5%)
112	HERMANOWICZ Miłosz	670	ZS ZWYROLE	M2 30-39	51	00:00:00	00:28:38.30	00:28:38.30	+00:07:00 (24.5%)	5:43	10.5 (75.5%)
113	GAJEK Łukasz	629	GIMELA TEAM	M2 30-39	52	00:00:34	00:28:40.65	00:29:15.10	+00:07:02 (24.6%)	5:44	10.5 (75.5%)
114	SZATANEK Ewa	1016		K3 40-49	2	00:00:12	00:28:43.10	00:28:56.00	+00:07:05 (24.7%)	5:44	10.4 (74.8%)
115	WÓJCIK Krzysztof	1093		M2 30-39	53	00:00:04	00:28:46.60	00:28:50.85	+00:07:08 (24.8%)	5:45	10.4 (74.8%)
116	KUSAK Bartłomiej	778	DZIKI WROCŁAW	M1 16-29	22	00:00:54	00:28:46.75	00:29:41.70	+00:07:08 (24.8%)	5:45	10.4 (74.8%)
117	KACZMAREK Krzysztof	704	OSOWA BIEGA	M3 40-49	22	00:00:07	00:28:47.25	00:28:54.85	+00:07:09 (24.8%)	5:45	10.4 (74.8%)
118	ZERZUT Jarosław	1115	ŚRUNDUNIA SZCZECIN	M4 50-59	8	00:00:12	00:28:47.55	00:28:59.95	+00:07:09 (24.9%)	5:45	10.4 (74.8%)
119	LANG Monika	786	AWL	K1 16-29	2	00:01:02	00:28:47.85	00:29:50.20	+00:07:09 (24.9%)	5:45	10.4 (74.8%)
120	KULA Dawid	769	OŻW SZCZECIN	M1 16-29	23	00:01:02	00:28:48.00	00:29:50.00	+00:07:09 (24.9%)	5:45	10.4 (74.8%)
121	ELERT Mariusz	620	PAPRYKARZE	M2 30-39	54	00:00:07	00:28:50.30	00:28:57.50	+00:07:12 (25.0%)	5:46	10.4 (74.8%)
122	ŁAWNICZAK Sebastian	801		M3 40-49	23	00:00:20	00:28:50.50	00:29:11.35	+00:07:12 (25.0%)	5:46	10.4 (74.8%)
123	SKOCZYLAS Patryk	975	INCOM POLSKA	M1 16-29	24	00:00:40	00:28:52.15	00:29:32.70	+00:07:14 (25.1%)	5:46	10.4 (74.8%)
124	KWIATKOWSKA Aleksandra	779	WIECZORNE BIEGANIE W SZCZECINIE	K1 16-29	3	00:00:04	00:28:58.00	00:29:02.80	+00:07:19 (25.3%)	5:47	10.4 (74.8%)
125	RYŻ Arkadiusz	956		M2 30-39	55	00:00:06	00:29:08.30	00:29:14.70	+00:07:30 (25.8%)	5:49	10.3 (74.1%)
126	WILCZYŃSKI Krzysztof	1327	KALMAR RUNNERS	M2 30-39	56	00:00:06	00:29:14.95	00:29:21.35	+00:07:36 (26.0%)	5:51	10.3 (74.1%)
127	FĄFEREK Piotr	622		M2 30-39	57	00:00:52	00:29:15.65	00:30:07.85	+00:07:37 (26.1%)	5:51	10.3 (74.1%)
128	WASEK Aleksander	1054		M1 16-29	25	00:00:18	00:29:18.45	00:29:37.25	+00:07:40 (26.2%)	5:51	10.2 (73.4%)
129	ZIELIŃSKA Michał	1117		M1 16-29	26	00:00:06	00:29:20.10	00:29:26.10	+00:07:42 (26.3%)	5:52	10.2 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	MAJDAN-ADAMSKA Agnieszka	816	HUSARIA RACE TEAM	K2 30-39	8	00:00:01	00:29:20.90	00:29:22.80	+00:07:42 (26.3%)	5:52	10.2 (73.4%)
131	BLICHARSKA Marta	540	12 BZ	K2 30-39	9	00:00:10	00:29:21.15	00:29:31.15	+00:07:43 (26.3%)	5:52	10.2 (73.4%)
132	KĘDZIELEWSKI Łukasz	717	ZAWADZKIEGO SZCZECIN	M2 30-39	58	00:00:09	00:29:21.55	00:29:30.90	+00:07:43 (26.3%)	5:52	10.2 (73.4%)
133		1424				00:00:12	00:29:25.25	00:29:37.40	+00:07:47 (26.5%)	5:53	10.2 (73.4%)
134	STRZEMIŃSKI Bartłomiej	1010		M1 16-29	27	00:00:11	00:29:27.30	00:29:39.10	+00:07:49 (26.6%)	5:53	10.2 (73.4%)
135	SOBCZAK Wojciech	988		M2 30-39	59	00:00:28	00:29:29.45	00:29:58.05	+00:07:51 (26.6%)	5:54	10.2 (73.4%)
136	ŚWIDER Jan	1325		M1 16-29	28	00:00:53	00:29:31.40	00:30:25.10	+00:07:53 (26.7%)	5:54	10.2 (73.4%)
137	KAMIŃSKI Kacper	710		M2 30-39	60	00:00:29	00:29:31.45	00:30:00.55	+00:07:53 (26.7%)	5:54	10.2 (73.4%)
138	BŁAŻEJEWSKI Wojciech	543		M2 30-39	61	00:00:15	00:29:33.05	00:29:48.35	+00:07:55 (26.8%)	5:54	10.2 (73.4%)
139	DUDKA Robert	612		M2 30-39	62	00:00:23	00:29:33.60	00:29:57.20	+00:07:55 (26.8%)	5:54	10.1 (72.7%)
140	ZIÓŁKOWSKI Filip	1118	12 BATALION DOWODZENIA UŁANÓW PODOLSKICH	M2 30-39	63	00:00:18	00:29:34.30	00:29:52.70	+00:07:56 (26.8%)	5:54	10.1 (72.7%)
141	BIRULA Michał	538		M2 30-39	64	00:00:09	00:29:39.05	00:29:48.10	+00:08:01 (27.0%)	5:55	10.1 (72.7%)
142	ADAMSKA Barbara	503	DUOLIFE TEAM	K1 16-29	4	00:00:03	00:29:40.90	00:29:44.40	+00:08:02 (27.1%)	5:56	10.1 (72.7%)
143	PAWŁASZEK Lech	898	DRUŻYNA P	M2 30-39	65	00:00:54	00:29:45.65	00:30:39.95	+00:08:07 (27.3%)	5:57	10.1 (72.7%)
144	TRUKAWKA Andrzej	1040		M2 30-39	66	00:00:14	00:29:47.25	00:30:01.85	+00:08:09 (27.4%)	5:57	10.1 (72.7%)
145	ŻYLUK-GADOWSKA Paulina	1129	NIE PROWOKUJ LOCHY	K2 30-39	10	00:00:13	00:29:49.95	00:30:03.05	+00:08:11 (27.5%)	5:58	10.1 (72.7%)
146	WALCZAK Tadeusz	1264		M4 50-59	9	00:00:00	00:29:50.00	00:29:50.00	+00:08:11 (27.5%)	5:58	10.1 (72.7%)
147	GADOWSKI Wojciech	628	NIE PROWOKUJ LOCHY	M2 30-39	67	00:00:12	00:29:50.35	00:30:03.25	+00:08:12 (27.5%)	5:58	10.1 (72.7%)
148	ZADROŻNY Szymon	1106	WATAHA WAŁCZ	M3 40-49	24	00:00:05	00:29:56.15	00:30:01.40	+00:08:18 (27.7%)	5:59	10 (71.9%)
149	FRYDRYCH Michał	625	FC AQUILA SZCZECIN	M2 30-39	68	00:00:13	00:29:56.40	00:30:10.00	+00:08:18 (27.7%)	5:59	10 (71.9%)
150	JAWORSKI Dawid	1400	SZMERF	M1 16-29	29	00:00:38	00:29:58.15	00:30:36.25	+00:08:20 (27.8%)	5:59	10 (71.9%)
151		1420				00:00:19	00:30:00.35	00:30:19.80	+00:08:22 (27.9%)	6:00	10 (71.9%)
152	SKOKOWSKI Jacek	976	ŚRUNDUNIA SZCZECIN	M4 50-59	10	00:00:12	00:30:01.50	00:30:14.40	+00:08:23 (27.9%)	6:00	10 (71.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
153	KOSTRZEWA Mariusz	744	DZIKIE WIEPRZE CRM	M3 40-49	25	00:00:01	00:30:03.25	00:30:04.65	+00:08:25 (28.0%)	6:00	10 (71.9%)
154	SKRZYPKOWSKI Łukasz	982	LUKSMASAŻ	M2 30-39	69	00:00:24	00:30:06.00	00:30:30.65	+00:08:27 (28.1%)	6:01	10 (71.9%)
155	KONDELA Paweł	737	AKTYWNE CHOSZCZNO	M3 40-49	26	00:00:35	00:30:10.10	00:30:45.45	+00:08:32 (28.3%)	6:02	9.9 (71.2%)
156	WITORZĘĆ Dariusz	1076		M3 40-49	27	00:00:22	00:30:13.25	00:30:35.65	+00:08:35 (28.4%)	6:02	9.9 (71.2%)
157	CZYLKOWSKI Patryk	587	100%EG	M2 30-39	70	00:00:31	00:30:19.35	00:30:51.10	+00:08:41 (28.7%)	6:04	9.9 (71.2%)
158	MARTUSZEWSKI Ryszard	827		M3 40-49	28	00:00:22	00:30:22.90	00:30:45.45	+00:08:44 (28.8%)	6:04	9.9 (71.2%)
159	CHODYNIECKI Tomasz	572		M2 30-39	71	00:00:21	00:30:27.55	00:30:49.50	+00:08:49 (29.0%)	6:05	9.8 (70.5%)
160	RUTKOWSKA Anna	954	WATAHA WAŁCZ	K4 50-59	1	00:00:05	00:30:28.90	00:30:34.10	+00:08:50 (29.0%)	6:05	9.8 (70.5%)
161	CICHARSKI Rafał	578	GIMELA TEAM	M1 16-29	30	00:00:34	00:30:30.90	00:31:05.10	+00:08:52 (29.1%)	6:06	9.8 (70.5%)
162	MAJCHER Piotr	815	PIŁA TEAM	M3 40-49	29	00:00:06	00:30:31.90	00:30:38.15	+00:08:53 (29.1%)	6:06	9.8 (70.5%)
163	KOCZKODAJ Kamil	733		M2 30-39	72	00:00:37	00:30:34.50	00:31:11.70	+00:08:56 (29.2%)	6:06	9.8 (70.5%)
164	SCHERFENBERG-KERL Katarzyna	965		K2 30-39	11	00:00:02	00:30:34.75	00:30:37.45	+00:08:56 (29.3%)	6:07	9.8 (70.5%)
165	MLECZEK Roman	846	BABINEK BIEGA	M3 40-49	30	00:00:29	00:30:35.15	00:31:05.00	+00:08:57 (29.3%)	6:07	9.8 (70.5%)
166	DIKTA Anna	596	23. BAZA LOTNICTWA TAKTYCZNEGO	K1 16-29	5	00:00:28	00:30:40.65	00:31:08.65	+00:09:02 (29.5%)	6:08	9.8 (70.5%)
167	LEWANDOWSKI Bartosz	794	OCR TEAM WŁOCŁAWEK	M1 16-29	31	00:00:20	00:30:41.85	00:31:02.10	+00:09:03 (29.5%)	6:08	9.8 (70.5%)
168	MASYS Agnieszka	829	GRUPA MALBORK	K3 40-49	3	00:00:39	00:30:42.35	00:31:21.80	+00:09:04 (29.5%)	6:08	9.8 (70.5%)
169	MĄDRAWSKI Tomasz	836		M3 40-49	31	00:00:13	00:30:44.65	00:30:58.40	+00:09:06 (29.6%)	6:09	9.8 (70.5%)
170	ZDUNEK Piotr	1112		M2 30-39	73	00:00:15	00:30:45.20	00:31:00.80	+00:09:07 (29.7%)	6:09	9.8 (70.5%)
171	QUESADO Paulo	939	DZIKI WROCLAW	M2 30-39	74	00:00:54	00:30:48.85	00:31:43.35	+00:09:10 (29.8%)	6:09	9.7 (69.8%)
172	GOZDYRA Darek	646		M3 40-49	32	00:00:20	00:30:50.30	00:31:10.50	+00:09:12 (29.8%)	6:10	9.7 (69.8%)
173	KACZOR Mariusz	707	GIMELA TEAM	M2 30-39	75	00:00:16	00:30:52.95	00:31:09.45	+00:09:14 (29.9%)	6:10	9.7 (69.8%)
174	ŻAK Jakub	1122	CHUDE BYKI	M1 16-29	32	00:00:13	00:30:53.10	00:31:06.50	+00:09:15 (30.0%)	6:10	9.7 (69.8%)
175	SOWISZ Cezary	994	SOWISZ TEAM	M4 50-59	11	00:00:20	00:30:54.10	00:31:14.80	+00:09:16 (30.0%)	6:10	9.7 (69.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
176	JAKUBIAK Anna	679	RAZ SZCZECIN	K4 50-59	2	00:00:17	00:31:01.80	00:31:19.10	+00:09:23 (30.3%)	6:12	9.7 (69.8%)
177	STAŃCZYK Sławomir	998	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	76	00:00:11	00:31:04.35	00:31:15.40	+00:09:26 (30.4%)	6:12	9.7 (69.8%)
178	SZKUTNIK Arkadiusz	1019	2 BRYGADA ZMECHANIZOWANA	M4 50-59	12	00:00:25	00:31:04.65	00:31:30.25	+00:09:26 (30.4%)	6:13	9.7 (69.8%)
179	MATUSZAK Anita	832		K3 40-49	4	00:00:34	00:31:04.80	00:31:39.65	+00:09:26 (30.4%)	6:13	9.7 (69.8%)
180	ŻELISKO Łukasz	1124	2KPZMOT	M1 16-29	33	00:00:37	00:31:05.60	00:31:43.50	+00:09:27 (30.4%)	6:13	9.6 (69.1%)
181	REMLAJN Adam	943	GRUPA MALBORK	M3 40-49	33	00:00:39	00:31:05.85	00:31:45.20	+00:09:27 (30.4%)	6:13	9.6 (69.1%)
182	PONIEWIERKA Remigiusz	917	DRAGON 10	M3 40-49	34	00:00:40	00:31:11.95	00:31:52.80	+00:09:33 (30.7%)	6:14	9.6 (69.1%)
183	MARCHEWKA Łukasz	824		M2 30-39	77	00:00:26	00:31:12.70	00:31:38.90	+00:09:34 (30.7%)	6:14	9.6 (69.1%)
184	LUDWICZAK Jarosław	800	KOŚCIAN TEAM	M2 30-39	78	00:00:31	00:31:13.65	00:31:44.80	+00:09:35 (30.7%)	6:14	9.6 (69.1%)
185	KOZŁOWSKA Justyna	753	KLUB BIEGOWY WIKON NOWA SÓL	K1 16-29	6	00:00:07	00:31:14.50	00:31:21.80	+00:09:36 (30.8%)	6:14	9.6 (69.1%)
186	KUCZA Szymon	767	2 KPZMOT	M1 16-29	34	00:00:34	00:31:16.40	00:31:50.55	+00:09:38 (30.8%)	6:15	9.6 (69.1%)
187	GRABOWSKA Joanna	648	SPC	K3 40-49	5	00:00:10	00:31:18.45	00:31:29.30	+00:09:40 (30.9%)	6:15	9.6 (69.1%)
188	ABRAMOWICZ Tomasz	1152		M2 30-39	79	00:00:17	00:31:20.20	00:31:37.50	+00:09:42 (31.0%)	6:16	9.6 (69.1%)
189	CIESZYNSKI Wojciech	582		M3 40-49	35	00:00:15	00:31:20.45	00:31:35.60	+00:09:42 (31.0%)	6:16	9.6 (69.1%)
190	GONTEK Łukasz	643	ŁOSOŚ T.E.A.M.	M2 30-39	80	00:00:05	00:31:22.90	00:31:28.25	+00:09:44 (31.1%)	6:16	9.6 (69.1%)
191	HRYNIŁO Marcin	1407	BEMO MOTOR	M3 40-49	36	00:00:13	00:31:23.50	00:31:37.45	+00:09:45 (31.1%)	6:16	9.6 (69.1%)
192	KOWALSKI Daniel	749	DRAGON 10	M2 30-39	81	00:00:41	00:31:24.00	00:32:05.60	+00:09:45 (31.1%)	6:16	9.6 (69.1%)
193	MASZKIEWICZ Mariusz	831	DZIKI WROCŁAW	M1 16-29	35	00:00:55	00:31:26.50	00:32:21.90	+00:09:48 (31.2%)	6:17	9.5 (68.3%)
194	BLOK Mariusz	1252		M2 30-39	82	00:00:28	00:31:26.80	00:31:54.95	+00:09:48 (31.2%)	6:17	9.5 (68.3%)
195	SURGUCKI Sebastian	1012	W POGONI ZA DUCHEM	M3 40-49	37	00:00:39	00:31:27.10	00:32:06.20	+00:09:49 (31.2%)	6:17	9.5 (68.3%)
196	SYCHEL Magdalena	1014		K2 30-39	12	00:00:11	00:31:28.20	00:31:39.55	+00:09:50 (31.3%)	6:17	9.5 (68.3%)
197	JAROSŁAWSKA Sandra	687		K1 16-29	7	00:00:11	00:31:28.60	00:31:39.60	+00:09:50 (31.3%)	6:17	9.5 (68.3%)
198	JODŁOWSKA Ewa	700		K2 30-39	13	00:00:18	00:31:29.10	00:31:47.30	+00:09:51 (31.3%)	6:17	9.5 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
199	BANAŚ Daniel	517		M2 30-39	83	00:00:09	00:31:29.15	00:31:39.10	+00:09:51 (31.3%)	6:18	9.5 (68.3%)
200	BAK Sebastian	526	ŁOSOŚ T.E.A.M.	M2 30-39	84	00:00:04	00:31:29.45	00:31:34.35	+00:09:51 (31.3%)	6:18	9.5 (68.3%)
201	KRYSIAK Halina	1304	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	14	00:00:52	00:31:34.90	00:32:27.70	+00:09:56 (31.5%)	6:19	9.5 (68.3%)
202	PIEKARSKI Kamil	908		M2 30-39	85	00:00:10	00:31:36.15	00:31:46.75	+00:09:58 (31.5%)	6:19	9.5 (68.3%)
203	ŻUROWSKA Agnieszka	1126		K3 40-49	6	00:00:05	00:31:42.80	00:31:48.30	+00:10:04 (31.8%)	6:20	9.5 (68.3%)
204	KUCHARCZYK Robert	764	RUNGRYF	M3 40-49	38	00:00:34	00:31:43.00	00:32:17.90	+00:10:04 (31.8%)	6:20	9.5 (68.3%)
205	KAMIONKA Andrzej	711	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	86	00:00:19	00:31:43.35	00:32:02.90	+00:10:05 (31.8%)	6:20	9.5 (68.3%)
206	NĘDZUSIAK Dariusz	864	POLKRYŚ TEAM	M4 50-59	13	00:00:37	00:31:44.65	00:32:22.15	+00:10:06 (31.8%)	6:21	9.4 (67.6%)
207	PTAK Daniel	933	HUSARIA RACE TEAM	M2 30-39	87	00:00:10	00:31:47.15	00:31:57.40	+00:10:09 (31.9%)	6:21	9.4 (67.6%)
208	PTAK Patrycja	932	HUSARIA RACE TEAM	K2 30-39	15	00:00:10	00:31:47.25	00:31:57.25	+00:10:09 (31.9%)	6:21	9.4 (67.6%)
209	BILIŃSKI Zbigniew	536		M4 50-59	14	00:00:12	00:31:49.95	00:32:02.15	+00:10:11 (32.0%)	6:22	9.4 (67.6%)
210	GERWICKI Paweł	1268		M2 30-39	88	00:00:47	00:31:50.15	00:32:37.15	+00:10:12 (32.0%)	6:22	9.4 (67.6%)
211	ŚWIERCZ Dariusz	1030	WATACHA WAŁCZ	M4 50-59	15	00:00:29	00:31:52.45	00:32:22.00	+00:10:14 (32.1%)	6:22	9.4 (67.6%)
212	PAWLUŚ Tomasz	897	WOLNI W BIEGU	M2 30-39	89	00:00:16	00:31:53.10	00:32:09.30	+00:10:15 (32.1%)	6:22	9.4 (67.6%)
213	ŁEMPKOWSKI Janusz	806	DLL PARTNERS	M3 40-49	39	00:00:06	00:31:53.75	00:32:00.00	+00:10:15 (32.2%)	6:22	9.4 (67.6%)
214	CHODAK Monika	571	HUSARIA RACE TEAM	K3 40-49	7	00:00:03	00:31:55.45	00:31:58.80	+00:10:17 (32.2%)	6:23	9.4 (67.6%)
215	WILCZOPOLSKI Kamil	1265		M1 16-29	36	00:00:14	00:31:57.40	00:32:11.95	+00:10:19 (32.3%)	6:23	9.4 (67.6%)
216	MAJKA Dariusz	817	HERR DARIUSZ	M2 30-39	90	00:00:26	00:32:02.90	00:32:29.65	+00:10:24 (32.5%)	6:24	9.4 (67.6%)
217	SZYMAŃSKA Jolanta	1023		K2 30-39	16	00:00:47	00:32:04.65	00:32:51.95	+00:10:26 (32.6%)	6:24	9.4 (67.6%)
218	GRZYBOWSKI Przemysław	661	KP PSP POLICE	M3 40-49	40	00:01:00	00:32:05.25	00:33:06.05	+00:10:27 (32.6%)	6:25	9.3 (66.9%)
219	LASKOWSKI Tomasz	787	PIĘKNI I BESTIE	M2 30-39	91	00:00:03	00:32:08.60	00:32:11.80	+00:10:30 (32.7%)	6:25	9.3 (66.9%)
220	HNAT Rafał	671	WATAHA WAŁCZ	M3 40-49	41	00:00:29	00:32:11.95	00:32:41.60	+00:10:33 (32.8%)	6:26	9.3 (66.9%)
221	OLESZEK Krzysztof	883	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	92	00:00:44	00:32:12.55	00:32:56.65	+00:10:34 (32.8%)	6:26	9.3 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
222	CZYŻEWSKI Mateusz	592		M2 30-39	93	00:00:31	00:32:12.70	00:32:44.65	+00:10:34 (32.8%)	6:26	9.3 (66.9%)
223	CZYŻEWSKA Mirosława	591		K2 30-39	17	00:00:31	00:32:13.15	00:32:44.80	+00:10:35 (32.9%)	6:26	9.3 (66.9%)
224	SIELICKI Patryk	970		M1 16-29	37	00:00:42	00:32:20.00	00:33:02.05	+00:10:41 (33.1%)	6:28	9.3 (66.9%)
225	BIAŁKOWSKA Katarzyna	1151	KOBIECE BIEGANIE	K3 40-49	8	00:00:20	00:32:23.95	00:32:44.35	+00:10:45 (33.2%)	6:28	9.3 (66.9%)
226	ORNATEK Łukasz	888		M2 30-39	94	00:00:21	00:32:25.40	00:32:46.80	+00:10:47 (33.3%)	6:29	9.3 (66.9%)
227	ORNATEK Paweł	887		M2 30-39	95	00:00:20	00:32:25.85	00:32:46.50	+00:10:47 (33.3%)	6:29	9.2 (66.2%)
228	SOWISZ Adrianna	995	SOWISZ TEAM	K1 16-29	8	00:00:20	00:32:26.00	00:32:46.25	+00:10:47 (33.3%)	6:29	9.2 (66.2%)
229	RASZEWSKI Damian	941		M2 30-39	96	00:00:09	00:32:27.35	00:32:36.45	+00:10:49 (33.3%)	6:29	9.2 (66.2%)
230	FUDRO Edward	627		M5 60+	2	00:00:20	00:32:35.90	00:32:55.95	+00:10:57 (33.6%)	6:31	9.2 (66.2%)
231	GANCKE Grzegorz	631		M3 40-49	42	00:00:39	00:32:36.90	00:33:16.55	+00:10:58 (33.7%)	6:31	9.2 (66.2%)
232	KUSTRA Paulina	1392	BBL POLICE	Open K	1	00:00:05	00:32:36.95	00:32:42.20	+00:10:58 (33.7%)	6:31	9.2 (66.2%)
233	SMOCZYK Łukasz	985		M1 16-29	38	00:00:28	00:32:38.50	00:33:06.80	+00:11:00 (33.7%)	6:31	9.2 (66.2%)
234	BOSENKO Dmitriy	553	DZIKI WROCŁAW	M2 30-39	97	00:00:55	00:32:38.75	00:33:33.85	+00:11:00 (33.7%)	6:31	9.2 (66.2%)
235	KOLEJ Monika	734	DZIKIE DZIKI GORZÓW	K3 40-49	9	00:00:14	00:32:46.85	00:33:00.85	+00:11:08 (34.0%)	6:33	9.2 (66.2%)
236	SOWA Krzysztof	992		M2 30-39	98	00:00:19	00:32:50.00	00:33:09.55	+00:11:11 (34.1%)	6:34	9.1 (65.5%)
237	SITEK Alfred	971		M2 30-39	99	00:01:03	00:32:50.55	00:33:54.05	+00:11:12 (34.1%)	6:34	9.1 (65.5%)
238	WRÓBLEWSKI Jarosław	1098	RAZ SZCZECIN	M3 40-49	43	00:00:20	00:32:52.90	00:33:13.15	+00:11:14 (34.2%)	6:34	9.1 (65.5%)
239	STEFAŃCZYK Małgorzata	1001	GAZELA ŚWINOUJŚCIE	K3 40-49	10	00:00:12	00:32:55.05	00:33:07.35	+00:11:17 (34.3%)	6:35	9.1 (65.5%)
240	GRALEWICZ Robert	650	MUROWANE MORSY	M3 40-49	44	00:00:39	00:32:56.85	00:33:36.80	+00:11:18 (34.3%)	6:35	9.1 (65.5%)
241	NICEWICZ Beata	865	UBAWIENI PO PACHY V	K3 40-49	11	00:01:04	00:32:57.65	00:34:01.90	+00:11:19 (34.4%)	6:35	9.1 (65.5%)
242	DOBACZEWSKA-WASEK Ewa	597		K3 40-49	12	00:00:19	00:33:04.00	00:33:23.00	+00:11:25 (34.6%)	6:36	9.1 (65.5%)
243		1419				00:00:39	00:33:08.25	00:33:47.60	+00:11:30 (34.7%)	6:37	9.1 (65.5%)
244	ADAMCZEWSKA Agnieszka	501	3ATEAM	K3 40-49	13	00:00:47	00:33:09.50	00:33:57.40	+00:11:31 (34.8%)	6:38	9 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
245	SURGUCKA Iwona	1011	W POGONI ZA DUCHEM	K3 40-49	14	00:00:38	00:33:14.25	00:33:52.65	+00:11:36 (34.9%)	6:38	9 (64.7%)
246	LEWANDOWSKA Dorota	792	LOSZKI I WARCHLAKI	K3 40-49	15	00:00:40	00:33:15.95	00:33:56.80	+00:11:37 (35.0%)	6:39	9 (64.7%)
247	WRÓBLEWSKI Janusz	1099	POŁUPIN	M4 50-59	16	00:00:19	00:33:20.85	00:33:40.30	+00:11:42 (35.1%)	6:40	9 (64.7%)
248	ŁUKASZEWSKI Igor	1398		M1 16-29	39	00:00:32	00:33:23.15	00:33:55.75	+00:11:45 (35.2%)	6:40	9 (64.7%)
249	BUDNY Wojciech	562		M2 30-39	100	00:00:26	00:33:27.45	00:33:53.90	+00:11:49 (35.3%)	6:41	9 (64.7%)
250	BUDNA Anna	561		K3 40-49	16	00:00:25	00:33:28.25	00:33:53.80	+00:11:50 (35.4%)	6:41	9 (64.7%)
251	MAŁOCHA Klaudyna	822	BIEGACZE ŚWINOUJŚCIE	K1 16-29	9	00:00:50	00:33:28.30	00:34:19.25	+00:11:50 (35.4%)	6:41	9 (64.7%)
252	PRZYBYSZEWSKI Michał	931	OCR TEAM WŁOCŁAWEK	M1 16-29	40	00:00:20	00:33:29.50	00:33:49.60	+00:11:51 (35.4%)	6:41	9 (64.7%)
253	SAKOWSKA-CARŁO Magda	960	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	18	00:00:12	00:33:30.10	00:33:42.30	+00:11:52 (35.4%)	6:42	9 (64.7%)
254	CARŁO Marcin	568	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49	45	00:00:12	00:33:30.25	00:33:42.40	+00:11:52 (35.4%)	6:42	9 (64.7%)
255	FIJOLEK Krzysztof	623	VIKING BIKE TEAM	M3 40-49	46	00:00:41	00:33:32.55	00:34:13.70	+00:11:54 (35.5%)	6:42	8.9 (64.0%)
256	KRAWIEC Mateusz	757		M1 16-29	41	00:00:04	00:33:33.10	00:33:37.70	+00:11:55 (35.5%)	6:42	8.9 (64.0%)
257	KORZENIAK Wojciech	741		M1 16-29	42	00:00:27	00:33:35.20	00:34:02.30	+00:11:57 (35.6%)	6:43	8.9 (64.0%)
258	MIKICIUK Natalia	841		K1 16-29	10	00:00:26	00:33:35.45	00:34:02.35	+00:11:57 (35.6%)	6:43	8.9 (64.0%)
259	ŁUKASZEWSKI Michał	809		M2 30-39	101	00:00:34	00:33:35.90	00:34:10.10	+00:11:57 (35.6%)	6:43	8.9 (64.0%)
260	MATYSEK Ireneusz	1147	KOMANDOS WAŁECKI	M5 60+	3	00:00:22	00:33:37.05	00:33:59.55	+00:11:59 (35.6%)	6:43	8.9 (64.0%)
261	MAJ Patryk	812	BAR DANCERZ	M1 16-29	43	00:00:08	00:33:40.45	00:33:48.55	+00:12:02 (35.8%)	6:44	8.9 (64.0%)
262	CZYNSZAK Krystian	1146		M3 40-49	47	00:00:44	00:33:42.45	00:34:27.10	+00:12:04 (35.8%)	6:44	8.9 (64.0%)
263	NIEWADZIK Ula	868		K3 40-49	17	00:00:21	00:33:42.50	00:34:04.45	+00:12:04 (35.8%)	6:44	8.9 (64.0%)
264	HAJDUK Maciej	663		M3 40-49	48	00:00:28	00:33:43.75	00:34:12.35	+00:12:05 (35.9%)	6:44	8.9 (64.0%)
265	WITKOWSKA Kamila	1075		K2 30-39	19	00:00:08	00:33:50.65	00:33:59.35	+00:12:12 (36.1%)	6:46	8.9 (64.0%)
266	KOZAK Mirosław	752		M2 30-39	102	00:00:18	00:33:51.15	00:34:09.50	+00:12:13 (36.1%)	6:46	8.9 (64.0%)
267	BOBEL Urszula	544		K2 30-39	20	00:00:52	00:33:51.70	00:34:44.15	+00:12:13 (36.1%)	6:46	8.9 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
268	MURAWSKA Wioletta	852	KB DZIK POLICE	K4 50-59	3	00:00:03	00:33:52.95	00:33:56.35	+00:12:14 (36.1%)	6:46	8.9 (64.0%)
269	STROJNA-GRZYBOWSKA Marta	1009	KALMAR RUNNERS	K2 30-39	21	00:01:00	00:33:55.65	00:34:55.80	+00:12:17 (36.2%)	6:47	8.8 (63.3%)
270	ZARĘBA Piotr	1110	KP PSP POLICE	M2 30-39	103	00:00:59	00:33:57.05	00:34:56.85	+00:12:19 (36.3%)	6:47	8.8 (63.3%)
271	CHUDZIŃSKI Bartosz	577		M3 40-49	49	00:00:36	00:34:02.10	00:34:38.45	+00:12:24 (36.4%)	6:48	8.8 (63.3%)
272	TOMCZAK Joanna	1039	OSP OCIESZYN	K2 30-39	22	00:00:22	00:34:02.50	00:34:24.90	+00:12:24 (36.4%)	6:48	8.8 (63.3%)
273	TOMCZAK Artur	1038	OSP OCIESZYN	M2 30-39	104	00:00:22	00:34:02.60	00:34:25.10	+00:12:24 (36.5%)	6:48	8.8 (63.3%)
274	POSZUMSKA Gabriela	923		K1 16-29	11	00:00:27	00:34:04.95	00:34:32.55	+00:12:26 (36.5%)	6:49	8.8 (63.3%)
275	WIERZCHOWSKI Arkadiusz	1067	BRIDGESTONE STARGARD RUNNERS	M3 40-49	50	00:00:48	00:34:11.55	00:34:59.75	+00:12:33 (36.7%)	6:50	8.8 (63.3%)
276	ŁEMPKOWSKA Beata	805	DLL PARTNERS	K3 40-49	18	00:00:06	00:34:11.95	00:34:17.95	+00:12:33 (36.7%)	6:50	8.8 (63.3%)
277	HANDKE Justyna	666	XRUNNERS	K2 30-39	23	00:00:10	00:34:18.00	00:34:28.30	+00:12:39 (36.9%)	6:51	8.7 (62.6%)
278	ŁEBKOWSKI Karol	802		M2 30-39	105	00:00:46	00:34:21.60	00:35:08.30	+00:12:43 (37.0%)	6:52	8.7 (62.6%)
279	PIESYK Damian	911	LOSZKI I WARCHLAKI	M2 30-39	106	00:00:42	00:34:21.95	00:35:04.40	+00:12:43 (37.0%)	6:52	8.7 (62.6%)
280	PIERŚCIŃSKI Sławomir	910		M3 40-49	51	00:00:30	00:34:24.20	00:34:54.25	+00:12:46 (37.1%)	6:52	8.7 (62.6%)
281	KLIMEK Krzysztof	727		M3 40-49	52	00:00:48	00:34:26.00	00:35:14.95	+00:12:47 (37.2%)	6:53	8.7 (62.6%)
282	RAWA Donata	942		K3 40-49	19	00:00:21	00:34:27.10	00:34:48.15	+00:12:49 (37.2%)	6:53	8.7 (62.6%)
283	STACHOWICZ-HAWRYLAK Sylwia	1317		K3 40-49	20	00:00:23	00:34:28.20	00:34:51.40	+00:12:50 (37.2%)	6:53	8.7 (62.6%)
284	POŹNIAK Aleksandra	926		K2 30-39	24	00:00:14	00:34:32.30	00:34:46.90	+00:12:54 (37.4%)	6:54	8.7 (62.6%)
285	BŁASIAK Radosław	1133		M3 40-49	53	00:01:01	00:34:32.75	00:35:33.80	+00:12:54 (37.4%)	6:54	8.7 (62.6%)
286	PYREK Iwona	938		K2 30-39	25	00:00:06	00:34:34.95	00:34:41.85	+00:12:56 (37.4%)	6:55	8.7 (62.6%)
287	POST Marcin	921		M2 30-39	107	00:00:38	00:34:36.45	00:35:15.35	+00:12:58 (37.5%)	6:55	8.7 (62.6%)
288	ŚWIETLIK Alicja	1031		K3 40-49	21	00:00:11	00:34:37.65	00:34:48.80	+00:12:59 (37.5%)	6:55	8.7 (62.6%)
289	JAWORSKI Krystian	1399	SZMERF	M1 16-29	44	00:00:37	00:34:38.25	00:35:15.65	+00:13:00 (37.5%)	6:55	8.7 (62.6%)
290	MAKSAJDA Dariusz	818		M3 40-49	54	00:00:38	00:34:39.00	00:35:17.60	+00:13:00 (37.6%)	6:55	8.7 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
291	KUNIKOWSKA Patrycja	773	STARGARD. JA SIĘ NIE ŚCIGAM.	K2 30-39	26	00:00:43	00:34:39.30	00:35:22.70	+00:13:01 (37.6%)	6:55	8.7 (62.6%)
292	KUNIKOWSKI Patryk	774	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	108	00:00:43	00:34:39.65	00:35:22.75	+00:13:01 (37.6%)	6:55	8.7 (62.6%)
293	ŻUROWSKI Jarosław	1127		M3 40-49	55	00:00:06	00:34:40.30	00:34:46.30	+00:13:02 (37.6%)	6:56	8.7 (62.6%)
294	MAŁOCHA Adam	823	BIEGACZE ŚWINOUJŚCIE	M1 16-29	45	00:00:51	00:34:42.15	00:35:33.30	+00:13:04 (37.7%)	6:56	8.6 (61.9%)
295	KLESZOWSKI Daniel	724		M3 40-49	56	00:00:52	00:34:47.10	00:35:39.90	+00:13:09 (37.8%)	6:57	8.6 (61.9%)
296	JA Małgorzata	1142	KOBIECE BIEGANIE	K3 40-49	22	00:00:21	00:34:50.85	00:35:12.00	+00:13:12 (37.9%)	6:58	8.6 (61.9%)
297	BRZESKA Ewa	557		K1 16-29	12	00:00:17	00:34:51.95	00:35:09.25	+00:13:13 (38.0%)	6:58	8.6 (61.9%)
298	WIECZORKOWSKI Paweł	1064		M3 40-49	57	00:00:59	00:35:01.40	00:36:00.60	+00:13:23 (38.2%)	7:00	8.6 (61.9%)
299	GRODZIŃSKI Arkadiusz	653	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M3 40-49	58	00:00:42	00:35:02.50	00:35:44.70	+00:13:24 (38.3%)	7:00	8.6 (61.9%)
300	JAROSŁAWSKA Jowita	688		K2 30-39	27	00:00:10	00:35:03.25	00:35:14.15	+00:13:25 (38.3%)	7:00	8.6 (61.9%)
301	SZCZYPEK Ola	1018	ADRENALINA	K2 30-39	28	00:00:23	00:35:05.00	00:35:28.10	+00:13:26 (38.3%)	7:01	8.6 (61.9%)
302	WOŁOSZYN Konrad	1085	ADRENALINA TEAM	M3 40-49	59	00:00:22	00:35:05.60	00:35:28.10	+00:13:27 (38.4%)	7:01	8.5 (61.2%)
303	KNIOŁA Agnieszka	729	PIŁA TEAM	K2 30-39	29	00:00:06	00:35:06.45	00:35:12.60	+00:13:28 (38.4%)	7:01	8.5 (61.2%)
304	BOBROWICZ Jakub	545	T.CH. SZCZECIN	M2 30-39	109	00:01:00	00:35:06.60	00:36:07.20	+00:13:28 (38.4%)	7:01	8.5 (61.2%)
305	KOTWICKI Mariusz	747		M2 30-39	110	00:00:45	00:35:08.25	00:35:53.40	+00:13:30 (38.4%)	7:01	8.5 (61.2%)
306	WOJSZCZYK Michał	1078	BRIDGESTONE STARGARD RUNNERS	M2 30-39	111	00:00:44	00:35:08.95	00:35:53.00	+00:13:30 (38.5%)	7:01	8.5 (61.2%)
307	WIECZOREK Mariusz	1060		M3 40-49	60	00:00:30	00:35:13.55	00:35:44.30	+00:13:35 (38.6%)	7:02	8.5 (61.2%)
308	BRATKO Przemysław	554		M1 16-29	46	00:00:56	00:35:13.65	00:36:10.15	+00:13:35 (38.6%)	7:02	8.5 (61.2%)
309	ADAMSKA Karolina	504	DUOLIFE TEAM	K1 16-29	13	00:00:03	00:35:17.20	00:35:20.90	+00:13:39 (38.7%)	7:03	8.5 (61.2%)
310	KACZMAREK Kazimierz	1258	BROS TEAM	M4 50-59	17	00:00:30	00:35:22.65	00:35:52.70	+00:13:44 (38.8%)	7:04	8.5 (61.2%)
311	GUTOWSKI Paweł	662	EMKA STARGARD	M2 30-39	112	00:00:25	00:35:23.10	00:35:48.50	+00:13:45 (38.9%)	7:04	8.5 (61.2%)
312	MISTAK Paula	845	NIEZDECYDOWANI	K2 30-39	30	00:00:15	00:35:24.30	00:35:39.95	+00:13:46 (38.9%)	7:04	8.5 (61.2%)
313	LACHOWICZ Bartosz	784		M2 30-39	113	00:00:24	00:35:24.45	00:35:48.65	+00:13:46 (38.9%)	7:04	8.5 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
314	SAMBORSKI Radek	961		M1 16-29	47	00:00:05	00:35:26.35	00:35:32.05	+00:13:48 (39.0%)	7:05	8.5 (61.2%)
315	LIPSKI Łukasz	796	BIEGOHOLLICA	M2 30-39	114	00:00:17	00:35:27.90	00:35:45.80	+00:13:49 (39.0%)	7:05	8.5 (61.2%)
316	BAGIŃSKA Laura	516		K1 16-29	14	00:00:28	00:35:28.10	00:35:56.20	+00:13:50 (39.0%)	7:05	8.5 (61.2%)
317	JAKUBOWSKA Dorota	681	23. BAZA LOTNICTWA TAKTYCZNEGO	K2 30-39	31	00:00:50	00:35:28.30	00:36:18.80	+00:13:50 (39.0%)	7:05	8.5 (61.2%)
318	WOJSZCZYK Marlena	1079	TRYTON BIKE TEAM	K2 30-39	32	00:00:51	00:35:28.55	00:36:19.85	+00:13:50 (39.0%)	7:05	8.5 (61.2%)
319		428				00:00:12	00:35:29.55	00:35:41.95	+00:13:51 (39.0%)	7:05	8.5 (61.2%)
320	PEDA Leszek	902		M5 60+	4	00:00:27	00:35:30.40	00:35:57.55	+00:13:52 (39.1%)	7:06	8.5 (61.2%)
321	CIEŚLA Beata	583	ZABIEGANI GOLENIÓW	K4 50-59	4	00:00:53	00:35:30.55	00:36:23.70	+00:13:52 (39.1%)	7:06	8.5 (61.2%)
322	TURCZYŃSKI Marcin	1042		M2 30-39	115	00:00:34	00:35:30.70	00:36:05.55	+00:13:52 (39.1%)	7:06	8.4 (60.4%)
323	NASKRĘT Dariusz	863		M3 40-49	61	00:00:39	00:35:32.15	00:36:11.90	+00:13:54 (39.1%)	7:06	8.4 (60.4%)
324	MAŁOCHA Mariusz	821	DZIADY OCR	M3 40-49	62	00:00:00	00:35:33.10	00:35:33.10	+00:13:55 (39.1%)	7:06	8.4 (60.4%)
325	OGRODZIŃSKI Przemysław	880		M2 30-39	116	00:00:25	00:35:34.00	00:35:59.85	+00:13:55 (39.2%)	7:06	8.4 (60.4%)
326	JAKUBOWSKA Aneta	682	DZIKUS	K3 40-49	23	00:00:50	00:35:34.40	00:36:24.45	+00:13:56 (39.2%)	7:06	8.4 (60.4%)
327	MOSKWA Martyna	848	GO SPORT/MASZ PRZEBIEGANE	K1 16-29	15	00:00:26	00:35:35.40	00:36:01.65	+00:13:57 (39.2%)	7:07	8.4 (60.4%)
328	ROGOWSKA Agnieszka	945	PIĘKNI I BESTIE	K2 30-39	33	00:00:32	00:35:38.10	00:36:10.90	+00:14:00 (39.3%)	7:07	8.4 (60.4%)
329	TOKARCZYK Marta	1035		K3 40-49	24	00:00:23	00:35:39.05	00:36:02.25	+00:14:01 (39.3%)	7:07	8.4 (60.4%)
330	OLICHWER Rafał	884		M1 16-29	48	00:00:34	00:35:43.00	00:36:17.90	+00:14:04 (39.4%)	7:08	8.4 (60.4%)
331	CIEPIELA Dariusz	580	BIEGOHOLLICA	M2 30-39	117	00:00:18	00:35:43.30	00:36:01.50	+00:14:05 (39.4%)	7:08	8.4 (60.4%)
332	MATYSIAK Sławomir	835		M2 30-39	118	00:00:49	00:35:44.30	00:36:33.30	+00:14:06 (39.5%)	7:08	8.4 (60.4%)
333	JĘDRYKA Anna	698		K1 16-29	16	00:00:47	00:35:46.35	00:36:33.60	+00:14:08 (39.5%)	7:09	8.4 (60.4%)
334	KRUBER Katarzyna	759		K2 30-39	34	00:00:44	00:35:50.70	00:36:34.90	+00:14:12 (39.6%)	7:10	8.4 (60.4%)
335	BŁAZIAK Sebastian	542		M2 30-39	119	00:01:06	00:35:51.35	00:36:57.45	+00:14:13 (39.7%)	7:10	8.4 (60.4%)
336	GUMOWSKI Daniel	1257		M3 40-49	63	00:00:27	00:35:51.75	00:36:19.05	+00:14:13 (39.7%)	7:10	8.4 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
337	KRUBER Piotr	758		M2 30-39	120	00:00:43	00:35:51.80	00:36:35.15	+00:14:13 (39.7%)	7:10	8.4 (60.4%)
338	MOSZYŃSKI Patryk	850	HUSARIA RACE TEAM	M1 16-29	49	00:00:24	00:35:52.25	00:36:16.70	+00:14:14 (39.7%)	7:10	8.4 (60.4%)
339	DUDARONEK Paulina	611	HUSARIA RACE TEAM	K1 16-29	17	00:00:24	00:35:52.45	00:36:16.80	+00:14:14 (39.7%)	7:10	8.4 (60.4%)
340	GERLICH Kai	636	BRAUNSCHWEIG HASH HOUSE HARRIERS	M1 16-29	50	00:00:17	00:35:57.35	00:36:14.35	+00:14:19 (39.8%)	7:11	8.3 (59.7%)
341	BARTOSZEK Michał	523	OCR TEAM WŁOCŁAWEK	M2 30-39	121	00:00:20	00:35:58.90	00:36:18.95	+00:14:20 (39.9%)	7:11	8.3 (59.7%)
342	BOCK Agnieszka	546	BRAUNSCHWEIG HASH HOUSE HARRIERS	K2 30-39	35	00:00:15	00:36:00.15	00:36:15.30	+00:14:22 (39.9%)	7:12	8.3 (59.7%)
343	GERLICH Klaus-Stephan	635	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	18	00:00:14	00:36:01.80	00:36:16.20	+00:14:23 (40.0%)	7:12	8.3 (59.7%)
344	WIETRZYŃSKA Agnieszka	1068	MASZ PRZEBIEGANE	K2 30-39	36	00:00:26	00:36:02.40	00:36:28.60	+00:14:24 (40.0%)	7:12	8.3 (59.7%)
345	SIWIELA Katarzyna	972	KP PSP POLICE	K2 30-39	37	00:00:28	00:36:03.50	00:36:32.30	+00:14:25 (40.0%)	7:12	8.3 (59.7%)
346	NASIADEK Arkadiusz	862		M3 40-49	64	00:00:36	00:36:09.65	00:36:45.90	+00:14:31 (40.2%)	7:13	8.3 (59.7%)
347	PRZYBYSZ Katarzyna	929		K2 30-39	38	00:00:12	00:36:10.20	00:36:23.00	+00:14:32 (40.2%)	7:14	8.3 (59.7%)
348	BIEGANSKI Tomasz	530		M2 30-39	122	00:00:06	00:36:14.30	00:36:20.65	+00:14:36 (40.3%)	7:14	8.3 (59.7%)
349	GRABOWSKA Iwona	1297		K3 40-49	25	00:00:05	00:36:14.35	00:36:20.05	+00:14:36 (40.3%)	7:15	8.3 (59.7%)
350	KURDZIEL Michał	777		M2 30-39	123	00:00:55	00:36:14.90	00:37:10.00	+00:14:36 (40.3%)	7:15	8.3 (59.7%)
351	HARNER Jacek	667	PANDA I BANDA	M2 30-39	124	00:01:01	00:36:15.25	00:37:16.30	+00:14:37 (40.3%)	7:15	8.3 (59.7%)
352	GRABOWSKI Maciej	649		M2 30-39	125	00:00:06	00:36:16.05	00:36:22.20	+00:14:38 (40.3%)	7:15	8.3 (59.7%)
353	KRYSA Magda	760		K2 30-39	39	00:00:05	00:36:16.25	00:36:21.90	+00:14:38 (40.4%)	7:15	8.3 (59.7%)
354	BOCK Udo	547	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	65	00:00:00	00:36:16.40	00:36:16.40	+00:14:38 (40.4%)	7:15	8.3 (59.7%)
355	GUCZE Anna	1270		K2 30-39	40	00:00:52	00:36:17.50	00:37:09.65	+00:14:39 (40.4%)	7:15	8.3 (59.7%)
356	MACIEJEWSKA Agnieszka	1277		K2 30-39	41	00:00:51	00:36:17.65	00:37:09.55	+00:14:39 (40.4%)	7:15	8.3 (59.7%)
357	TYRCHA Szymon	1043	INCOM POLSKA	M2 30-39	126	00:00:39	00:36:19.05	00:36:58.70	+00:14:41 (40.4%)	7:15	8.3 (59.7%)
358	GŁUSZYK Małgorzata	641		K2 30-39	42	00:00:07	00:36:19.35	00:36:26.95	+00:14:41 (40.4%)	7:15	8.3 (59.7%)
359	KLIMECKI Michał	726	CROSS FREAKS GOLENIÓW	M2 30-39	127	00:00:51	00:36:20.80	00:37:12.75	+00:14:42 (40.5%)	7:16	8.3 (59.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
360	PUPEK Małgorzata	935		K2 30-39	43	00:00:45	00:36:25.70	00:37:11.60	+00:14:47 (40.6%)	7:17	8.2 (59.0%)
361	ROSIŃSKA Kamila	950	BRIDGESTONE STARGARD RUNNERS	K2 30-39	44	00:00:46	00:36:27.00	00:37:13.05	+00:14:48 (40.6%)	7:17	8.2 (59.0%)
362	NAPOROWSKA Monika	1319		K2 30-39	45	00:00:28	00:36:27.15	00:36:56.05	+00:14:49 (40.7%)	7:17	8.2 (59.0%)
362	KNOT Martyna	731	PIĘKNI I BESTIE	K2 30-39	46	00:00:32	00:36:27.15	00:37:00.05	+00:14:49 (40.7%)	7:17	8.2 (59.0%)
364	GITNER Marcin	639	BIĘKNI I BESTIE	M3 40-49	66	00:00:32	00:36:27.75	00:37:00.05	+00:14:49 (40.7%)	7:17	8.2 (59.0%)
365	SZULC Marcin	1021		M2 30-39	128	00:00:33	00:36:27.80	00:37:01.50	+00:14:49 (40.7%)	7:17	8.2 (59.0%)
366	WYSZKOWSKI Michał	1102		M2 30-39	129	00:00:57	00:36:28.10	00:37:25.65	+00:14:50 (40.7%)	7:17	8.2 (59.0%)
367	DOBRYCKI Piotr	599	BRIDGESTONE STARGARD RUNNERS	M3 40-49	67	00:00:44	00:36:28.45	00:37:13.40	+00:14:50 (40.7%)	7:17	8.2 (59.0%)
368	PETRUSIEWICZ Paweł	907		M1 16-29	51	00:00:50	00:36:29.35	00:37:19.80	+00:14:51 (40.7%)	7:17	8.2 (59.0%)
369	PIROŹEK Agnieszka	1311		K1 16-29	18	00:00:23	00:36:35.90	00:36:59.60	+00:14:57 (40.9%)	7:19	8.2 (59.0%)
370	KWIATKOWSKA Julita	780		K2 30-39	47	00:00:42	00:36:35.95	00:37:18.55	+00:14:57 (40.9%)	7:19	8.2 (59.0%)
371	KRAWCZYK Paweł	756		M1 16-29	52	00:00:23	00:36:36.15	00:36:59.40	+00:14:58 (40.9%)	7:19	8.2 (59.0%)
372	LEONOWICZ Martyna	1276		K1 16-29	19	00:00:22	00:36:36.95	00:36:59.50	+00:14:58 (40.9%)	7:19	8.2 (59.0%)
373	PORAZIŃSKI Przemysław	919		M1 16-29	53	00:00:24	00:36:39.35	00:37:04.30	+00:15:01 (41.0%)	7:20	8.2 (59.0%)
374	PORAZIŃSKA Dagmara	918		K1 16-29	20	00:00:24	00:36:39.85	00:37:04.20	+00:15:01 (41.0%)	7:20	8.2 (59.0%)
375	NIEWIADOMSKA Magda	869	KOBIECE BIEGANIE	K2 30-39	48	00:00:20	00:36:41.30	00:37:02.25	+00:15:03 (41.0%)	7:20	8.2 (59.0%)
376	OSTROWSKI Piotr	891	23. BAZA LOTNICTWA TAKTYCZNEGO	M3 40-49	68	00:00:49	00:36:44.30	00:37:33.90	+00:15:06 (41.1%)	7:20	8.2 (59.0%)
377	MULARCZYK Krzysztof	1141		M2 30-39	130	00:00:25	00:36:45.60	00:37:10.60	+00:15:07 (41.1%)	7:21	8.2 (59.0%)
378	BROCZKOWSKA Żaneta	555		K2 30-39	49	00:00:22	00:36:48.10	00:37:10.50	+00:15:10 (41.2%)	7:21	8.2 (59.0%)
379	JÓZEFOWICZ Anna	702	PIĘKNI I BESTIE	K2 30-39	50	00:00:34	00:36:49.15	00:37:23.15	+00:15:11 (41.2%)	7:21	8.1 (58.3%)
380	JANUS Grzegorz	685		M2 30-39	131	00:01:03	00:36:51.55	00:37:55.40	+00:15:13 (41.3%)	7:22	8.1 (58.3%)
381	LEŚNIEWSKI Wojciech	791		M3 40-49	69	00:00:37	00:36:52.10	00:37:29.60	+00:15:14 (41.3%)	7:22	8.1 (58.3%)
382	LEŚNIEWSKA Julia	790		K3 40-49	26	00:00:36	00:36:52.80	00:37:29.70	+00:15:14 (41.3%)	7:22	8.1 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
383	KUKUROWSKA Sylwia	768	DLL PARTNERS	K3 40-49	27	00:00:36	00:36:53.15	00:37:29.90	+00:15:15 (41.3%)	7:22	8.1 (58.3%)
384	CHROBOCINSKI Daniel	575		M1 16-29	54	00:00:13	00:36:53.35	00:37:06.95	+00:15:15 (41.4%)	7:22	8.1 (58.3%)
385		1414				00:00:35	00:36:55.30	00:37:30.95	+00:15:17 (41.4%)	7:23	8.1 (58.3%)
386	MICHALAK Tomasz	837		M4 50-59	19	00:00:34	00:36:56.95	00:37:31.40	+00:15:18 (41.4%)	7:23	8.1 (58.3%)
387	STRELCOW Krzysztof	1149		M3 40-49	70	00:00:45	00:36:59.40	00:37:45.35	+00:15:21 (41.5%)	7:24	8.1 (58.3%)
388	WIŚNIEWSKA Karolina	1072		K1 16-29	21	00:01:01	00:37:02.70	00:38:04.55	+00:15:24 (41.6%)	7:24	8.1 (58.3%)
389	WOŹNIAK Rafał	1090		M2 30-39	132	00:00:08	00:37:03.35	00:37:11.65	+00:15:25 (41.6%)	7:24	8.1 (58.3%)
390	WRÓBLEWSKA Małgorzata	1096	POŁUPIN	K3 40-49	28	00:00:20	00:37:05.85	00:37:26.80	+00:15:27 (41.7%)	7:25	8.1 (58.3%)
391	JEZIOREK Agnieszka	697	BABINEK BIEGA	K3 40-49	29	00:00:30	00:37:06.80	00:37:36.95	+00:15:28 (41.7%)	7:25	8.1 (58.3%)
392	BORODYN Andrzej	551	GRUPA DOCHODZENIOWA SAVE THE BEAT	M3 40-49	71	00:00:27	00:37:11.75	00:37:39.15	+00:15:33 (41.8%)	7:26	8.1 (58.3%)
393	SKIBA Michał	974	PARKRUN SZCZECIN	M2 30-39	133	00:00:27	00:37:14.10	00:37:41.50	+00:15:36 (41.9%)	7:26	8.1 (58.3%)
394	GOWORSKI Jerzy	645	WIECZORNE BIEGANIE W SZCZECINIE	M1 16-29	55	00:00:41	00:37:16.25	00:37:58.00	+00:15:38 (42.0%)	7:27	8 (57.6%)
395	TUMANOWICZ Tomasz	1041		M3 40-49	72	00:00:53	00:37:19.15	00:38:12.55	+00:15:41 (42.0%)	7:27	8 (57.6%)
396	JAKUBOWSKA Anna	683		K2 30-39	51	00:00:12	00:37:19.70	00:37:32.40	+00:15:41 (42.0%)	7:28	8 (57.6%)
397	PCIONEK Jacek	900		M2 30-39	134	00:00:53	00:37:20.60	00:38:14.20	+00:15:42 (42.1%)	7:28	8 (57.6%)
398	ZABROCKI Karol	1105		M2 30-39	135	00:00:36	00:37:22.80	00:37:58.90	+00:15:44 (42.1%)	7:28	8 (57.6%)
399	BARSZCZEWSKA Marlena	520	ZDROWO PIEPRZNIĘCI	K3 40-49	30	00:01:08	00:37:23.80	00:38:32.25	+00:15:45 (42.1%)	7:28	8 (57.6%)
400	BARSZCZEWSKI Jacek	522	ZDROWO PIEPRZNIĘCI	M3 40-49	73	00:01:08	00:37:24.30	00:38:33.00	+00:15:46 (42.2%)	7:29	8 (57.6%)
401	ŚWITALSKA Edyta	1032	SZCZECIŃSKIE CENTRUM TRENINGU PERSONALNEGO	K3 40-49	31	00:00:16	00:37:27.80	00:37:44.30	+00:15:49 (42.3%)	7:29	8 (57.6%)
402	KAŹMIERSKI Andrzej	716		M4 50-59	20	00:00:32	00:37:28.20	00:38:01.10	+00:15:50 (42.3%)	7:29	8 (57.6%)
403	MARCHIEL Lena	825		K4 50-59	5	00:00:32	00:37:28.50	00:38:01.10	+00:15:50 (42.3%)	7:29	8 (57.6%)
404	KRUPIŃSKA Paulina	1274		K2 30-39	52	00:00:53	00:37:28.55	00:38:22.15	+00:15:50 (42.3%)	7:29	8 (57.6%)
405	KLIMECKA Katarzyna	725		K2 30-39	53	00:00:51	00:37:30.75	00:38:22.30	+00:15:52 (42.3%)	7:30	8 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
406	BIEGAŃSKI Piotr	532		M2 30-39	136	00:00:07	00:37:40.10	00:37:47.40	+00:16:02 (42.6%)	7:32	8 (57.6%)
407	KAROL Sławomir	714	LOSZKI I WARCHLAKI	M4 50-59	21	00:00:41	00:37:42.50	00:38:23.55	+00:16:04 (42.6%)	7:32	8 (57.6%)
408	WILKOSZ Piotr	1418		M1 16-29	56	00:00:33	00:37:47.80	00:38:21.20	+00:16:09 (42.8%)	7:33	7.9 (56.8%)
409	SIDORCZUK Tomasz	968	KLUB BIEGAJĄCYCH LEŚNIKÓW	M2 30-39	137	00:01:02	00:37:51.40	00:38:53.45	+00:16:13 (42.9%)	7:34	7.9 (56.8%)
410	SZAKOŁA Paweł	1015		M2 30-39	138	00:00:38	00:37:51.55	00:38:29.80	+00:16:13 (42.9%)	7:34	7.9 (56.8%)
411	JAŚKIEWICZ Krzysztof	696	RX FITNESS LUBIN	M3 40-49	74	00:01:00	00:37:53.90	00:38:54.10	+00:16:15 (42.9%)	7:34	7.9 (56.8%)
412	CHMIELEWSKA Katarzyna	1253		K5 60+	1	00:00:19	00:38:02.30	00:38:21.30	+00:16:24 (43.1%)	7:36	7.9 (56.8%)
413	STASIUK Robert	1000		M2 30-39	139	00:00:37	00:38:04.45	00:38:42.30	+00:16:26 (43.2%)	7:37	7.9 (56.8%)
414	ROMANOWICZ Marek	948	PARKRUN SZCZECIN	M4 50-59	22	00:00:34	00:38:08.45	00:38:42.90	+00:16:30 (43.3%)	7:37	7.9 (56.8%)
415	MALEC Kamil	819		M2 30-39	140	00:00:15	00:38:15.85	00:38:31.15	+00:16:37 (43.5%)	7:39	7.8 (56.1%)
416	MATUSZAK Mateusz	833	MATUSZAK TEAM	M1 16-29	57	00:00:36	00:38:20.95	00:38:57.00	+00:16:42 (43.6%)	7:40	7.8 (56.1%)
417	CHROBOCIŃSKA Elżbieta	576		K4 50-59	6	00:00:14	00:38:21.40	00:38:35.65	+00:16:43 (43.6%)	7:40	7.8 (56.1%)
418	WASILKO Grzegorz	1056		M2 30-39	141	00:00:25	00:38:24.35	00:38:49.50	+00:16:46 (43.7%)	7:40	7.8 (56.1%)
419	KAROL Monika	712	LOSZKI I WARCHLAKI	K1 16-29	22	00:00:40	00:38:27.00	00:39:07.05	+00:16:48 (43.7%)	7:41	7.8 (56.1%)
420	SMOLINSKI Artur	986		M3 40-49	75	00:00:55	00:38:28.85	00:39:24.60	+00:16:50 (43.8%)	7:41	7.8 (56.1%)
421	NOWAKOWSKA Oiwia	877	OCR TEAM WŁOCŁAWEK	K1 16-29	23	00:00:21	00:38:29.90	00:38:51.80	+00:16:51 (43.8%)	7:42	7.8 (56.1%)
422	ZAJĄCZKOWSKA LEWANDOWSKA Marika	1108	OCR TEAM WŁOCŁAWEK	K2 30-39	54	00:00:21	00:38:30.55	00:38:51.90	+00:16:52 (43.8%)	7:42	7.8 (56.1%)
423	BEDNARZ Katarzyna	527		K3 40-49	32	00:00:25	00:38:31.00	00:38:56.15	+00:16:52 (43.8%)	7:42	7.8 (56.1%)
424	WOLSKA Agnieszka	1082		K2 30-39	55	00:00:24	00:38:31.90	00:38:56.55	+00:16:53 (43.9%)	7:42	7.8 (56.1%)
425	POST Mariola	922		K3 40-49	33	00:00:38	00:38:33.75	00:39:12.15	+00:16:55 (43.9%)	7:42	7.8 (56.1%)
426	KLIMEK Paweł	728		M2 30-39	142	00:00:55	00:38:38.70	00:39:33.80	+00:17:00 (44.0%)	7:43	7.8 (56.1%)
427	WOSZCZYK Renata	1087		K3 40-49	34	00:00:54	00:38:39.70	00:39:34.40	+00:17:01 (44.0%)	7:44	7.8 (56.1%)
428	CZAPLIŃSKA Magdalena	586		K2 30-39	56	00:00:18	00:38:40.50	00:38:59.30	+00:17:02 (44.1%)	7:44	7.8 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
429	STAŃKO Agnieszka	999	STARGARD JA SIĘ NIE ŚCIGAM	K2 30-39	57	00:00:49	00:38:46.35	00:39:36.10	+00:17:08 (44.2%)	7:45	7.7 (55.4%)
430	MAJCHER Agata	813	PIŁA TEAM	K1 16-29	24	00:00:06	00:38:46.40	00:38:53.30	+00:17:08 (44.2%)	7:45	7.7 (55.4%)
430	DOBIECKA Joanna	598		K2 30-39	58	00:00:48	00:38:46.40	00:39:35.30	+00:17:08 (44.2%)	7:45	7.7 (55.4%)
432	IZYDORCZYK Kinga	677	STARGARD JA SIĘ NIE ŚCIGAM	K2 30-39	59	00:00:49	00:38:46.75	00:39:36.25	+00:17:08 (44.2%)	7:45	7.7 (55.4%)
433	NADOBNA Kamila	856	STARGARD JA SIĘ NIE ŚCIGAM	K2 30-39	60	00:00:48	00:38:47.10	00:39:35.65	+00:17:09 (44.2%)	7:45	7.7 (55.4%)
434	MAKOWSKA Joanna	1261		K2 30-39	61	00:00:41	00:38:53.60	00:39:35.25	+00:17:15 (44.4%)	7:46	7.7 (55.4%)
435	BARTNIK Jarosław	1266	ŚRUNDUNIA SZCZECIN	M3 40-49	76	00:00:52	00:38:57.05	00:39:49.30	+00:17:19 (44.5%)	7:47	7.7 (55.4%)
436	KUBÓW Katarzyna	1275	ŚRUNDUNIA SZCZECIN	K3 40-49	35	00:00:51	00:38:57.40	00:39:49.25	+00:17:19 (44.5%)	7:47	7.7 (55.4%)
437	WIECZOREK Jakub	1063		M1 16-29	58	00:00:17	00:39:03.05	00:39:20.70	+00:17:25 (44.6%)	7:48	7.7 (55.4%)
438	ŁEMPICKI Maciej	804		M2 30-39	143	00:00:56	00:39:03.95	00:40:00.55	+00:17:25 (44.6%)	7:48	7.7 (55.4%)
439	ŁEMPICKA Karolina	803		K1 16-29	25	00:00:56	00:39:04.35	00:40:00.40	+00:17:26 (44.6%)	7:48	7.7 (55.4%)
440	ULASS Patrycja	1045		K1 16-29	26	00:01:02	00:39:04.60	00:40:07.30	+00:17:26 (44.6%)	7:49	7.7 (55.4%)
441	ULASS Robert	1046		M3 40-49	77	00:01:03	00:39:05.50	00:40:08.80	+00:17:27 (44.7%)	7:49	7.7 (55.4%)
442	NOWAK Zbigniew	875	KBDZIK	M5 60+	5	00:00:41	00:39:07.65	00:39:48.85	+00:17:29 (44.7%)	7:49	7.7 (55.4%)
443	GUMOWSKA Karolina	1256	SARENKI	K2 30-39	62	00:00:53	00:39:13.00	00:40:06.40	+00:17:34 (44.8%)	7:50	7.6 (54.7%)
444	ŚWIDER Marzena	1263	SARENKI	K3 40-49	36	00:00:52	00:39:13.40	00:40:06.20	+00:17:35 (44.8%)	7:50	7.6 (54.7%)
445	MINDA Jacek	1279	PASJA BIEGANIA	M2 30-39	144	00:01:02	00:39:13.90	00:40:16.55	+00:17:35 (44.9%)	7:50	7.6 (54.7%)
446	KRAKOWIAK Łukasz	1148		M2 30-39	145	00:00:48	00:39:15.55	00:40:04.25	+00:17:37 (44.9%)	7:51	7.6 (54.7%)
447	BILL Łukasz	537	HUSARIA RACE TEAM SZCZECINEK	M2 30-39	146	00:01:06	00:39:17.80	00:40:24.70	+00:17:39 (44.9%)	7:51	7.6 (54.7%)
447	DEPTUŁA-BILL Bożena	595	HUSARIA RACE TEAM SZCZECINEK	K2 30-39	63	00:01:07	00:39:17.80	00:40:25.05	+00:17:39 (44.9%)	7:51	7.6 (54.7%)
449	WAJDA Waldemar	1050		M3 40-49	78	00:01:06	00:39:18.55	00:40:24.80	+00:17:40 (45.0%)	7:51	7.6 (54.7%)
450	DZIEMIANKO Ilona	617		K1 16-29	27	00:01:00	00:39:31.15	00:40:31.60	+00:17:53 (45.3%)	7:54	7.6 (54.7%)
451	SOWISZ Danuta	993	SOWISZ TEAM	K3 40-49	37	00:00:21	00:39:31.55	00:39:52.80	+00:17:53 (45.3%)	7:54	7.6 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
452	MOSKWA Grzegorz	849	12BZ	M3 40-49	79	00:01:01	00:39:31.65	00:40:32.70	+00:17:53 (45.3%)	7:54	7.6 (54.7%)
453	LIS Klaudia	797		K1 16-29	28	00:00:59	00:39:32.85	00:40:32.80	+00:17:54 (45.3%)	7:54	7.6 (54.7%)
454	ZYGIEL- SZAKOŁA Szakoła	1121		K2 30-39	64	00:00:00	00:39:34.95	00:39:34.95	+00:17:56 (45.3%)	7:54	7.6 (54.7%)
455	MRÓZ Tomek	851		M3 40-49	80	00:00:07	00:39:38.15	00:39:45.35	+00:18:00 (45.4%)	7:55	7.6 (54.7%)
456	ULATOWSKI Tomasz	1047	HUSARIA RACE TEAM	M2 30-39	147	00:00:58	00:39:38.60	00:40:36.65	+00:18:00 (45.4%)	7:55	7.6 (54.7%)
457	BIELAWSKA Katarzyna	1251		K1 16-29	29	00:00:19	00:39:38.80	00:39:57.95	+00:18:00 (45.4%)	7:55	7.6 (54.7%)
458	BIELSKA Ola	533		K2 30-39	65	00:00:06	00:39:40.20	00:39:46.90	+00:18:02 (45.5%)	7:56	7.6 (54.7%)
459	KRZEMIEN Patrycja	1260		K2 30-39	66	00:00:14	00:39:41.50	00:39:55.75	+00:18:03 (45.5%)	7:56	7.6 (54.7%)
460	BABIJ Adrian	514		M2 30-39	148	00:03:03	00:39:43.20	00:42:46.30	+00:18:05 (45.5%)	7:56	7.6 (54.7%)
461	HRYNKIEWICZ-PAWŁASZEK Anna	674	DRUŻYNA P	K2 30-39	67	00:00:54	00:39:52.60	00:40:46.90	+00:18:14 (45.7%)	7:58	7.5 (54.0%)
462	WALENT Marta	1052		K2 30-39	68	00:00:33	00:39:56.35	00:40:30.00	+00:18:18 (45.8%)	7:59	7.5 (54.0%)
463	BOROWSKI Tomasz	552		M1 16-29	59	00:00:53	00:39:59.00	00:40:52.90	+00:18:20 (45.9%)	7:59	7.5 (54.0%)
464	ISKRA Angelika	675		K1 16-29	30	00:00:53	00:39:59.45	00:40:52.85	+00:18:21 (45.9%)	7:59	7.5 (54.0%)
465	GOŁUBOWICZ Marzena	1254	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	69	00:00:39	00:40:00.65	00:40:40.30	+00:18:22 (45.9%)	8:00	7.5 (54.0%)
466	BIEDRZYŃSKI Roman	1250		M2 30-39	149	00:00:39	00:40:00.95	00:40:40.15	+00:18:22 (45.9%)	8:00	7.5 (54.0%)
467	SOBOLEWSKA Agata	989	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	70	00:01:02	00:40:02.05	00:41:04.90	+00:18:24 (46.0%)	8:00	7.5 (54.0%)
468	JASIŃSKA Natalia	693	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	71	00:01:02	00:40:02.25	00:41:04.85	+00:18:24 (46.0%)	8:00	7.5 (54.0%)
469	WIECZOREK Magdalena	1061		K3 40-49	38	00:00:16	00:40:06.40	00:40:23.20	+00:18:28 (46.1%)	8:01	7.5 (54.0%)
470	JAKUBIK Anna	680	HUSARIA RACE TEAM	K1 16-29	31	00:00:59	00:40:07.90	00:41:07.20	+00:18:29 (46.1%)	8:01	7.5 (54.0%)
471	WIECZOREK Wojciech	1062		M3 40-49	81	00:00:16	00:40:08.00	00:40:24.25	+00:18:29 (46.1%)	8:01	7.5 (54.0%)
472	WITKOWSKA Anna	535	NIEZRZESZONA	K3 40-49	39	00:00:05	00:40:14.00	00:40:19.20	+00:18:35 (46.2%)	8:02	7.5 (54.0%)
473	SAJKOWSKI Kamil	959	ZESPÓŁ NIESPOKOJNYCH NÓG	M1 16-29	60	00:00:00	00:40:19.00	00:40:19.00	+00:18:40 (46.3%)	8:03	7.4 (53.2%)
474	MICHALSKA Magda	1378		K2 30-39	72	00:00:05	00:40:19.70	00:40:25.10	+00:18:41 (46.4%)	8:04	7.4 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
475	KAROL Agnieszka	713	LOSZKI I WARCHLAKI	K3 40-49	40	00:00:40	00:40:22.65	00:41:02.95	+00:18:44 (46.4%)	8:04	7.4 (53.2%)
476	KACZMAREK Sylwia	705		K3 40-49	41	00:01:04	00:40:27.75	00:41:32.30	+00:18:49 (46.5%)	8:05	7.4 (53.2%)
477	DRZEWIECKI Arkadiusz	608	BIEGACZE ŚWINOUJŚCIE	M4 50-59	23	00:00:46	00:40:28.00	00:41:14.10	+00:18:49 (46.5%)	8:05	7.4 (53.2%)
478	ŻBIKOWSKA Małgorzata	1123	SPC	K4 50-59	7	00:00:58	00:40:28.05	00:41:26.05	+00:18:50 (46.5%)	8:05	7.4 (53.2%)
479	GAUDEN Piotr	633	SPC/KM UMK TORUŃ	M3 40-49	82	00:00:58	00:40:28.30	00:41:26.60	+00:18:50 (46.5%)	8:05	7.4 (53.2%)
480	SKRZYPIEC Andrzej	981	MKL MARATON ŚWINOUJŚCIE	M5 60+	6	00:00:45	00:40:28.35	00:41:14.25	+00:18:50 (46.5%)	8:05	7.4 (53.2%)
481	DRZEWIECKA Agnieszka	607	BIEGACZE ŚWINOUJŚCIE	K3 40-49	42	00:00:45	00:40:29.15	00:41:14.60	+00:18:51 (46.6%)	8:05	7.4 (53.2%)
482	JANUSZEWSKI Bartosz	686	GIMELA TEAM	M2 30-39	150	00:00:37	00:40:35.30	00:41:12.30	+00:18:57 (46.7%)	8:07	7.4 (53.2%)
483	BIAZIK Piotr	529		M2 30-39	151	00:00:35	00:40:36.45	00:41:12.10	+00:18:58 (46.7%)	8:07	7.4 (53.2%)
484	GABERT-JAWORSKA Klaudia	1372		K1 16-29	32	00:00:28	00:40:39.35	00:41:07.65	+00:19:01 (46.8%)	8:07	7.4 (53.2%)
484	SIWIELA Jacek	1287		M2 30-39	152	00:00:31	00:40:39.35	00:41:11.10	+00:19:01 (46.8%)	8:08	7.4 (53.2%)
486	GABERT Beata	1267	RAZ SZCZECIN	K3 40-49	43	00:00:28	00:40:39.55	00:41:07.70	+00:19:01 (46.8%)	8:07	7.4 (53.2%)
487	ANDRZEJCZAK Michał	507	BRIDGESTONE STARGARD RUNNERS	M3 40-49	83	00:00:05	00:40:40.05	00:40:45.40	+00:19:02 (46.8%)	8:08	7.4 (53.2%)
488	GROS Ewa	1298		K2 30-39	73	00:00:52	00:40:40.35	00:41:33.25	+00:19:02 (46.8%)	8:08	7.4 (53.2%)
489	CHOJNACKA Natalia	1294		K1 16-29	33	00:00:51	00:40:41.70	00:41:33.60	+00:19:03 (46.8%)	8:08	7.4 (53.2%)
490	SARABURA Magdalena	1286	KREJZOLE	K3 40-49	44	00:00:24	00:40:44.40	00:41:08.45	+00:19:06 (46.9%)	8:08	7.4 (53.2%)
491	KROTECKA Anna	1273	KREJZOLE	K2 30-39	74	00:00:23	00:40:44.95	00:41:08.50	+00:19:06 (46.9%)	8:09	7.4 (53.2%)
492	KOWALSKA Anna	1371		K2 30-39	75	00:01:01	00:40:45.45	00:41:47.15	+00:19:07 (46.9%)	8:09	7.4 (53.2%)
492	SZCZUKIEWICZ Aneta	1017	WIECZORNE BIEGANIEW SZCZECINIE	K1 16-29	34	00:01:01	00:40:45.45	00:41:47.40	+00:19:07 (46.9%)	8:09	7.4 (53.2%)
494	KWIATKOWSKA Alicja	781	GDAŃSKIE DZIKI	K2 30-39	76	00:00:14	00:40:49.20	00:41:03.25	+00:19:11 (47.0%)	8:09	7.3 (52.5%)
495	NOWOTNIK Wojciech	879		M2 30-39	153	00:00:32	00:40:49.35	00:41:21.95	+00:19:11 (47.0%)	8:09	7.3 (52.5%)
496	MOŹDŻEŃ Anna	1145		K2 30-39	77	00:00:15	00:40:49.40	00:41:04.45	+00:19:11 (47.0%)	8:09	7.3 (52.5%)
497	STACH Sara	997		K1 16-29	35	00:00:32	00:40:49.55	00:41:21.90	+00:19:11 (47.0%)	8:09	7.3 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
498	SETA Krysia	967	MONIA GYM	K2 30-39	78	00:00:43	00:40:56.25	00:41:39.60	+00:19:18 (47.2%)	8:11	7.3 (52.5%)
499	WOJCIECHOWSKI Krzysztof	1077	STARGARD,JA SIĘ NIE ŚCIGAM	M4 50-59	24	00:00:48	00:40:57.40	00:41:45.80	+00:19:19 (47.2%)	8:11	7.3 (52.5%)
500	ROMAN Ewelina	690		K2 30-39	79	00:00:41	00:40:58.10	00:41:39.75	+00:19:20 (47.2%)	8:11	7.3 (52.5%)
501	BAUMGART Grzegorz	524	STARGARD. JA SIĘ NIE ŚCIGAM!	M2 30-39	154	00:00:47	00:40:58.40	00:41:46.10	+00:19:20 (47.2%)	8:11	7.3 (52.5%)
502	WOJCIECHOWSKI Maksymilian	1411	STARGARD JA SIĘ NIE SCIGAM	M1 16-29	61	00:00:47	00:40:58.75	00:41:46.15	+00:19:20 (47.2%)	8:11	7.3 (52.5%)
503	CUPRYJAK Sebastian	584		M2 30-39	155	00:00:55	00:41:01.05	00:41:56.90	+00:19:23 (47.3%)	8:12	7.3 (52.5%)
504	SKONECZNY Przemysław	977		M2 30-39	156	00:00:55	00:41:01.35	00:41:57.10	+00:19:23 (47.3%)	8:12	7.3 (52.5%)
505	MAJCHER Małgorzata	814	PIŁA TEAM	K3 40-49	45	00:00:07	00:41:01.95	00:41:09.50	+00:19:23 (47.3%)	8:12	7.3 (52.5%)
506	KOBUS Natalia	732	IRON HOUSE	K2 30-39	80	00:00:18	00:41:03.50	00:41:22.30	+00:19:25 (47.3%)	8:12	7.3 (52.5%)
507	BAUMGART Katarzyna	525	STARGARD. JA SIĘ NIE ŚCIGAM!	K2 30-39	81	00:00:47	00:41:03.95	00:41:51.90	+00:19:25 (47.3%)	8:12	7.3 (52.5%)
508	GĘBICKA Agata	638	STARGARD JA SIĘ NIE ŚCIGAM	K2 30-39	82	00:00:48	00:41:04.10	00:41:52.30	+00:19:26 (47.3%)	8:12	7.3 (52.5%)
509	SADOWSKI Mariusz	957	IRON HOUSE	M3 40-49	84	00:00:17	00:41:04.55	00:41:22.25	+00:19:26 (47.3%)	8:13	7.3 (52.5%)
510	OSTOLSKA Sylwia	890		K3 40-49	46	00:01:07	00:41:05.30	00:42:13.15	+00:19:27 (47.3%)	8:13	7.3 (52.5%)
511	WILKOSZ Tomasz	1417		M3 40-49	85	00:00:33	00:41:05.55	00:41:38.60	+00:19:27 (47.4%)	8:13	7.3 (52.5%)
511	MURAWSKI Wojtek	1307	ŁOWCY KILOMETRÓW	M3 40-49	86	00:01:03	00:41:05.55	00:42:09.45	+00:19:27 (47.4%)	8:13	7.3 (52.5%)
513	SOSKA Jacek	991	ANGIODIABETICA.PL	M3 40-49	87	00:00:27	00:41:11.20	00:41:38.90	+00:19:33 (47.5%)	8:14	7.3 (52.5%)
514	SZYMAŃSKA Mirela	1289	HARDCOROWE WYCHYLYLYBYMY	K1 16-29	36	00:00:32	00:41:11.55	00:41:43.60	+00:19:33 (47.5%)	8:14	7.3 (52.5%)
515	SOSKA Joanna	990	MUD GOATS	K3 40-49	47	00:00:26	00:41:11.75	00:41:38.60	+00:19:33 (47.5%)	8:14	7.3 (52.5%)
516	WALEWICZ Piotr	1290	HARDCOROWE WYCHYLYLYBYMY	M2 30-39	157	00:00:30	00:41:12.40	00:41:43.35	+00:19:34 (47.5%)	8:14	7.3 (52.5%)
517	DOMAGALSKA Daria	603	DRUŻYNA SZPIKU	K1 16-29	37	00:00:37	00:41:13.95	00:41:51.25	+00:19:35 (47.5%)	8:14	7.3 (52.5%)
518	DOMAGALSKI Sławomir	604	SKB DZIK	M3 40-49	88	00:00:36	00:41:15.00	00:41:51.85	+00:19:36 (47.6%)	8:15	7.3 (52.5%)
519	REGULINSKA Kamila	1285	KREJZOLE	K3 40-49	48	00:00:23	00:41:15.05	00:41:38.60	+00:19:37 (47.6%)	8:15	7.3 (52.5%)
520	MŁODAWSKI Marek	847		M2 30-39	158	00:00:30	00:41:18.65	00:41:49.40	+00:19:40 (47.6%)	8:15	7.3 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
521	POŹNIAK Dorota	925		K1 16-29	38	00:00:29	00:41:21.85	00:41:51.55	+00:19:43 (47.7%)	8:16	7.3 (52.5%)
522	MARSCHAŁKOWSKA Dorota	1262		K4 50-59	8	00:00:49	00:41:22.25	00:42:11.25	+00:19:44 (47.7%)	8:16	7.3 (52.5%)
523	WOŁCZAK Iwona	1083		K2 30-39	83	00:00:51	00:41:22.90	00:42:14.05	+00:19:44 (47.7%)	8:16	7.2 (51.8%)
524	CIEMCIOCH Pawel	579		M3 40-49	89	00:00:24	00:41:24.00	00:41:48.70	+00:19:45 (47.7%)	8:16	7.2 (51.8%)
525	WOLANO Anna	1081	CF PRAWY BRZEG	K2 30-39	84	00:00:24	00:41:24.15	00:41:48.35	+00:19:46 (47.7%)	8:16	7.2 (51.8%)
526	STĘPIEŃ Adrian	1008	ADI	M2 30-39	159	00:00:43	00:41:26.05	00:42:09.85	+00:19:48 (47.8%)	8:17	7.2 (51.8%)
527	SZAJEK Marta	1321		K2 30-39	85	00:00:35	00:41:26.65	00:42:02.60	+00:19:48 (47.8%)	8:17	7.2 (51.8%)
528	STĘPIEŃ Agnieszka	1007	AGA	K2 30-39	86	00:00:43	00:41:26.70	00:42:10.20	+00:19:48 (47.8%)	8:17	7.2 (51.8%)
529	WIELGUS-ULATOWSKA Joanna	1066	HUSARIA RACE TEAM	K2 30-39	87	00:00:59	00:41:28.10	00:42:27.90	+00:19:50 (47.8%)	8:17	7.2 (51.8%)
530	JĘZIÓRSKI Wojciech	699	GIMELA TEAM	M1 16-29	62	00:00:37	00:41:28.95	00:42:06.00	+00:19:50 (47.8%)	8:17	7.2 (51.8%)
531		1425				00:00:55	00:41:41.65	00:42:37.20	+00:20:03 (48.1%)	8:20	7.2 (51.8%)
532	BORKOWSKA Sylwia	1292		K1 16-29	39	00:00:21	00:41:45.45	00:42:07.30	+00:20:07 (48.2%)	8:21	7.2 (51.8%)
533	JAROSZ Artur	689		M2 30-39	160	00:00:29	00:41:45.65	00:42:15.50	+00:20:07 (48.2%)	8:21	7.2 (51.8%)
534	BORKOWSKI Łukasz	1293		M1 16-29	63	00:00:21	00:41:46.10	00:42:08.05	+00:20:08 (48.2%)	8:21	7.2 (51.8%)
535	ELBIŃSKA-KRAWCZUK Monika	619		K3 40-49	49	00:00:45	00:41:47.70	00:42:33.30	+00:20:09 (48.2%)	8:21	7.2 (51.8%)
536	MATUSZAK Kamila	834	MATUSZAK TEAM	K1 16-29	40	00:00:35	00:41:52.05	00:42:27.70	+00:20:14 (48.3%)	8:22	7.2 (51.8%)
537	BZDAWKA Joanna	567	1976	K3 40-49	50	00:00:50	00:41:52.35	00:42:43.20	+00:20:14 (48.3%)	8:22	7.2 (51.8%)
538	PRĘTKI Robert	927		M3 40-49	90	00:01:06	00:41:57.80	00:43:04.05	+00:20:19 (48.4%)	8:23	7.1 (51.1%)
539	GRALEWICZ Magdalena	651	MUROWANE MORSY	K3 40-49	51	00:00:54	00:42:01.70	00:42:56.35	+00:20:23 (48.5%)	8:24	7.1 (51.1%)
540	SZYMCZAK Michał	1324		M2 30-39	161	00:00:11	00:42:02.70	00:42:14.15	+00:20:24 (48.5%)	8:24	7.1 (51.1%)
541	ZALEWSKA Małgorzata	1328		K2 30-39	88	00:00:11	00:42:02.75	00:42:14.25	+00:20:24 (48.5%)	8:24	7.1 (51.1%)
542	CHODZICKI Janusz	573	ZS ZWYROLE	M1 16-29	64	00:00:29	00:42:05.40	00:42:34.65	+00:20:27 (48.6%)	8:25	7.1 (51.1%)
543	NIEWIADOMSKA Kamila	870	ZS ZWYROLE	K1 16-29	41	00:00:29	00:42:05.80	00:42:34.80	+00:20:27 (48.6%)	8:25	7.1 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
544	HOSZOWSKI Rafał	673		M2 30-39	162	00:00:08	00:42:11.30	00:42:19.50	+00:20:33 (48.7%)	8:26	7.1 (51.1%)
545	ZEMANKIEWICZ Łukasz	1114	KANAŁ 6AM	M2 30-39	163	00:00:42	00:42:17.40	00:43:00.10	+00:20:39 (48.8%)	8:27	7.1 (51.1%)
546	JASIK Mariusz	692		M3 40-49	91	00:00:32	00:42:35.75	00:43:08.15	+00:20:57 (49.2%)	8:31	7 (50.4%)
547	GRODZIŃSKA Agnieszka	652	KLUB MORSÓW MIEDWIANIE	K3 40-49	52	00:00:43	00:42:39.30	00:43:22.65	+00:21:01 (49.3%)	8:31	7 (50.4%)
548	KOŹLIK Teresa	755		K4 50-59	9	00:01:07	00:42:45.30	00:43:52.60	+00:21:07 (49.4%)	8:33	7 (50.4%)
549	KOWNACKI Bartosz	751	ZDROWO PIEPRZNIĘCI	M2 30-39	164	00:01:12	00:42:52.95	00:44:05.75	+00:21:14 (49.6%)	8:34	7 (50.4%)
550	KOWNACKA Aleksandra	750	ZDROWO PIEPRZNIĘCI	K2 30-39	89	00:01:10	00:42:55.15	00:44:05.85	+00:21:17 (49.6%)	8:35	7 (50.4%)
551	ULASS Agnieszka	1044		K3 40-49	53	00:01:02	00:42:58.00	00:44:00.85	+00:21:19 (49.6%)	8:35	7 (50.4%)
552	WROŃSKA Sandra	1094	STARGARD JA SIĘ NIE ŚCIGAM	K1 16-29	42	00:00:50	00:43:00.95	00:43:51.15	+00:21:22 (49.7%)	8:36	7 (50.4%)
553	WROŃSKI Julian	1095	STARGARD JA SIĘ NIE ŚCIGAM	M2 30-39	165	00:00:49	00:43:01.60	00:43:51.35	+00:21:23 (49.7%)	8:36	7 (50.4%)
554	PIERŚCIŃSKA Marzena	909		K3 40-49	54	00:00:30	00:43:04.50	00:43:34.55	+00:21:26 (49.8%)	8:36	7 (50.4%)
555	CYBULSKI Grzegorz	585		M5 60+	7	00:01:03	00:43:07.00	00:44:10.80	+00:21:28 (49.8%)	8:37	7 (50.4%)
556	CYBULSKA Anna	1402		K2 30-39	90	00:01:03	00:43:07.20	00:44:10.75	+00:21:29 (49.8%)	8:37	7 (50.4%)
557	FINSTER Joanna	624		K1 16-29	43	00:01:05	00:43:12.20	00:44:17.65	+00:21:34 (49.9%)	8:38	6.9 (49.6%)
558	TALARCZYK Weronika	1033		K1 16-29	44	00:01:05	00:43:13.45	00:44:18.45	+00:21:35 (49.9%)	8:38	6.9 (49.6%)
559	WASYLÓW Katarzyna	1058		K4 50-59	10	00:00:23	00:43:13.95	00:43:37.75	+00:21:35 (50.0%)	8:38	6.9 (49.6%)
560	OMELAŃCZUK Piotr	885	ZDROWO PIEPRZNIĘCI	M3 40-49	92	00:01:12	00:43:17.40	00:44:29.45	+00:21:39 (50.0%)	8:39	6.9 (49.6%)
561	BZDAWKA Rafał	566		M3 40-49	93	00:00:48	00:43:20.00	00:44:08.00	+00:21:41 (50.1%)	8:40	6.9 (49.6%)
561	KULA Joanna	770		K2 30-39	91	00:01:05	00:43:20.00	00:44:25.00	+00:21:41 (50.1%)	8:40	6.9 (49.6%)
563	BURAKOWSKI Grzegorz	564		M3 40-49	94	00:00:44	00:43:20.30	00:44:04.95	+00:21:42 (50.1%)	8:40	6.9 (49.6%)
564	NANU Justyna	859	GRYFUS SZCZECIN	K2 30-39	92	00:00:52	00:43:22.75	00:44:15.05	+00:21:44 (50.1%)	8:40	6.9 (49.6%)
565	DUDKA Agata	613		K1 16-29	45	00:01:05	00:43:25.85	00:44:31.30	+00:21:47 (50.2%)	8:41	6.9 (49.6%)
566	STEMPNIAK Ewa	1004		K2 30-39	93	00:00:57	00:43:35.35	00:44:32.70	+00:21:57 (50.4%)	8:43	6.9 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
567	BARSZCZEWSKA Małgorzata	519		K3 40-49	55	00:00:50	00:43:37.25	00:44:28.05	+00:21:59 (50.4%)	8:43	6.9 (49.6%)
568	TOMASIŃSKA Monika	1036	OSOWA-BIEGA	K3 40-49	56	00:01:05	00:43:40.45	00:44:46.20	+00:22:02 (50.5%)	8:44	6.9 (49.6%)
569	NOWAK Marta	1376		K2 30-39	94	00:00:56	00:43:41.65	00:44:38.45	+00:22:03 (50.5%)	8:44	6.9 (49.6%)
570	BARSZCZEWSKI Stanisław	521	KPW ŚWINOUJŚCIE	M3 40-49	95	00:00:46	00:43:42.15	00:44:28.80	+00:22:04 (50.5%)	8:44	6.9 (49.6%)
571	ZAWISZA Tomasz	1111	BRIDGESTONE STARGARD RUNNERS	M2 30-39	166	00:00:46	00:43:43.15	00:44:29.95	+00:22:05 (50.5%)	8:44	6.9 (49.6%)
572	HEJANKOWSKI Sebastian	669	LUNA WOLVES	M2 30-39	167	00:00:57	00:43:43.35	00:44:40.40	+00:22:05 (50.5%)	8:44	6.9 (49.6%)
573	DUTKIEWICZ Urszula	615	LUNA WOLVES	K2 30-39	95	00:00:57	00:43:43.55	00:44:40.60	+00:22:05 (50.5%)	8:44	6.9 (49.6%)
574	MAĆKÓW Natalia	811		K3 40-49	57	00:00:43	00:43:44.15	00:44:27.95	+00:22:06 (50.5%)	8:44	6.9 (49.6%)
575	KUCHARSKA Katarzyna	766	BRIDGESTONE STARGARD RUNNERS	K2 30-39	96	00:00:46	00:43:44.25	00:44:30.30	+00:22:06 (50.5%)	8:44	6.9 (49.6%)
576	KOZŁOWSKA-BANIAK Paulina	754	BRIDGESTONE STARGARD RUNNERS	K3 40-49	58	00:00:45	00:43:45.25	00:44:30.50	+00:22:07 (50.6%)	8:45	6.9 (49.6%)
577	DOMASIK Izabela	605		K3 40-49	59	00:00:54	00:43:49.30	00:44:44.25	+00:22:11 (50.6%)	8:46	6.8 (48.9%)
578	WOŹNIAK Beata	1089		K3 40-49	60	00:00:54	00:43:49.60	00:44:43.70	+00:22:11 (50.6%)	8:45	6.8 (48.9%)
579	BŁACHOWIAK Małgorzata	541	CZERWONAK BIEGA	K4 50-59	11	00:00:54	00:43:49.80	00:44:44.25	+00:22:11 (50.6%)	8:46	6.8 (48.9%)
580	BERNACKA-SZYDLIK Karolina	528		K2 30-39	97	00:00:14	00:43:50.00	00:44:04.30	+00:22:11 (50.6%)	8:46	6.8 (48.9%)
581	STEMPNIAK Zbigniew	1005	REBELS LEGION TEAM	M3 40-49	96	00:00:57	00:43:50.35	00:44:48.25	+00:22:12 (50.7%)	8:46	6.8 (48.9%)
582	STEMPNIAK Katarzyna	1003	REBELS LEGION TEAM	K2 30-39	98	00:00:57	00:43:50.95	00:44:48.30	+00:22:12 (50.7%)	8:46	6.8 (48.9%)
583	MASZCZYK Marta	830		K2 30-39	99	00:00:42	00:44:03.55	00:44:46.30	+00:22:25 (50.9%)	8:48	6.8 (48.9%)
584	NIEMIERKO Magdalena	866		K3 40-49	61	00:00:44	00:44:04.75	00:44:49.30	+00:22:26 (50.9%)	8:49	6.8 (48.9%)
585	CIEPIELA Przemysław	581		M3 40-49	97	00:00:45	00:44:04.90	00:44:50.55	+00:22:26 (50.9%)	8:49	6.8 (48.9%)
586	WIELGOSZEWSKA Olga	1065		K2 30-39	100	00:00:44	00:44:05.30	00:44:49.90	+00:22:27 (50.9%)	8:49	6.8 (48.9%)
587	WOŹNIAK Wiktoria	1091	FIFNE PYRKI	K1 16-29	46	00:01:05	00:44:06.55	00:45:12.20	+00:22:28 (51.0%)	8:49	6.8 (48.9%)
588	DACH Eryk	593	FIFNE PYRKI	M1 16-29	65	00:01:05	00:44:07.05	00:45:12.40	+00:22:29 (51.0%)	8:49	6.8 (48.9%)
589	SKOWYRA Wioletta	978	RUNGRYF GRYFICE	K3 40-49	62	00:00:58	00:44:16.95	00:45:15.55	+00:22:38 (51.1%)	8:51	6.8 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
590	NOWAK Irena	873	RUNGRYF	K4 50-59	12	00:00:59	00:44:26.20	00:45:25.40	+00:22:48 (51.3%)	8:53	6.8 (48.9%)
591	KLEJNOWSKA Kamila	722	STARGARD JA SIĘ NIE ŚCIGAM	K2 30-39	101	00:00:47	00:44:29.05	00:45:17.00	+00:22:51 (51.4%)	8:54	6.7 (48.2%)
592	MAŁKOWSKA Edyta	820		K2 30-39	102	00:00:58	00:44:36.50	00:45:34.70	+00:22:58 (51.5%)	8:55	6.7 (48.2%)
593	PERROT Magdalena	905		K3 40-49	63	00:00:50	00:44:37.25	00:45:27.95	+00:22:59 (51.5%)	8:55	6.7 (48.2%)
594	SIELICKA Małgorzata	1314		K4 50-59	13	00:00:41	00:44:55.80	00:45:37.45	+00:23:17 (51.8%)	8:59	6.7 (48.2%)
595	TOMASIŃSKI Szymon	1037	OSOWA-BIEGA	M3 40-49	98	00:01:06	00:45:00.10	00:46:06.85	+00:23:22 (51.9%)	9:00	6.7 (48.2%)
596	LIPIŃSKA Sylwia	795		K1 16-29	47	00:01:02	00:45:02.65	00:46:04.70	+00:23:24 (52.0%)	9:00	6.7 (48.2%)
597	RODAK Agnieszka	944		K3 40-49	64	00:00:59	00:45:03.65	00:46:02.70	+00:23:25 (52.0%)	9:00	6.7 (48.2%)
598	GRZEGORZEWSKI Krzysztof	658		M3 40-49	99	00:00:59	00:45:03.80	00:46:03.60	+00:23:25 (52.0%)	9:00	6.7 (48.2%)
599	KAWKA Aleksandra	1302		K1 16-29	48	00:00:18	00:45:08.80	00:45:26.80	+00:23:30 (52.1%)	9:01	6.6 (47.5%)
600	NIEMCZYK Marta	1308		K2 30-39	103	00:00:18	00:45:09.00	00:45:27.35	+00:23:30 (52.1%)	9:01	6.6 (47.5%)
601	SZCZEPANIK Ewa	1322		K1 16-29	49	00:00:19	00:45:10.20	00:45:29.50	+00:23:32 (52.1%)	9:02	6.6 (47.5%)
602	BANASIAK Adrianna	1291		K2 30-39	104	00:00:18	00:45:11.20	00:45:29.50	+00:23:33 (52.1%)	9:02	6.6 (47.5%)
603	NIERZWICKI Krzysztof	867		M1 16-29	66	00:00:26	00:45:11.35	00:45:37.50	+00:23:33 (52.1%)	9:02	6.6 (47.5%)
604	SKARŻYŃSKA Anna	973		K1 16-29	50	00:00:25	00:45:11.75	00:45:37.45	+00:23:33 (52.1%)	9:02	6.6 (47.5%)
605	PŁOSA Monika	915		K2 30-39	105	00:01:05	00:45:15.20	00:46:20.90	+00:23:37 (52.2%)	9:03	6.6 (47.5%)
606	BARTNIK Paweł	1387		M5 60+	8	00:00:50	00:45:28.85	00:46:19.65	+00:23:50 (52.4%)	9:05	6.6 (47.5%)
607	PUZIO Hanna	936		K2 30-39	106	00:00:25	00:45:42.60	00:46:07.70	+00:24:04 (52.7%)	9:08	6.6 (47.5%)
608	NOWAK Aneta	874	NORDICOWELOVE	K3 40-49	65	00:01:06	00:45:50.80	00:46:57.70	+00:24:12 (52.8%)	9:10	6.5 (46.8%)
608	FIEDZIUSZKO Anna	1296		K2 30-39	107	00:01:07	00:45:50.80	00:46:57.85	+00:24:12 (52.8%)	9:10	6.5 (46.8%)
610	SIKORA Magda	1315	KLUB BIEGOWY DZIK	K2 30-39	108	00:01:06	00:45:51.00	00:46:57.55	+00:24:12 (52.8%)	9:10	6.5 (46.8%)
611	NAJMARK Małgorzata	858	SKB DZIK	K3 40-49	66	00:01:06	00:45:51.05	00:46:57.90	+00:24:13 (52.8%)	9:10	6.5 (46.8%)
611	GÓRSKA Agnieszka	647	NORDICOWE LOVE POLICE	K3 40-49	67	00:01:06	00:45:51.05	00:46:57.30	+00:24:13 (52.8%)	9:10	6.5 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
613	KULEWSKA Joanna	771	NORDICOWELOVE	K3 40-49	68	00:01:06	00:45:51.30	00:46:57.55	+00:24:13 (52.8%)	9:10	6.5 (46.8%)
614	BODNAR Zbigniew	548		M5 60+	9	00:01:03	00:45:53.70	00:46:57.40	+00:24:15 (52.9%)	9:10	6.5 (46.8%)
615	GRYTA Dariusz	657	BIEGACZE ŚWINOUJŚCIE	M4 50-59	25	00:00:50	00:46:11.80	00:47:02.50	+00:24:33 (53.2%)	9:14	6.5 (46.8%)
616	GRYTA Janina	656	BIEGACZE ŚWINOUJŚCIE	K4 50-59	14	00:00:49	00:46:12.70	00:47:02.25	+00:24:34 (53.2%)	9:14	6.5 (46.8%)
617	CZYŻEWSKA Danuta	590	BIEGACZE ŚWINOUJŚCIE	K4 50-59	15	00:00:49	00:46:13.45	00:47:02.75	+00:24:35 (53.2%)	9:14	6.5 (46.8%)
618	STANEJKO Agata	1318		K2 30-39	109	00:00:34	00:46:20.30	00:46:54.50	+00:24:42 (53.3%)	9:16	6.5 (46.8%)
619	SZYDŁOWSKA Alina	1323		K2 30-39	110	00:00:33	00:46:20.35	00:46:54.30	+00:24:42 (53.3%)	9:16	6.5 (46.8%)
620	ADAMCZEWSKA Anna	502	3ATEAM	K3 40-49	69	00:00:47	00:46:28.30	00:47:15.95	+00:24:50 (53.4%)	9:17	6.5 (46.8%)
621	BABIŁO Natalia	515	MASZ PRZEBIEGANE	K1 16-29	51	00:00:25	00:46:28.90	00:46:54.85	+00:24:50 (53.5%)	9:17	6.5 (46.8%)
622	CZYŻ Anna	589	3ATEAM	K3 40-49	70	00:00:46	00:46:30.40	00:47:17.15	+00:24:52 (53.5%)	9:18	6.4 (46.0%)
623	JASIK Agnieszka	691		K3 40-49	71	00:00:33	00:46:31.35	00:47:04.55	+00:24:53 (53.5%)	9:18	6.4 (46.0%)
624	MINDA Justyna	1306	PASJA BIEGANIA	K2 30-39	111	00:01:03	00:46:36.00	00:47:39.55	+00:24:57 (53.6%)	9:19	6.4 (46.0%)
625	KUPNIEWSKA Aleksandra	776	KOMPAS TEAM	K2 30-39	112	00:00:31	00:46:50.05	00:47:21.25	+00:25:12 (53.8%)	9:22	6.4 (46.0%)
626	NIEZGODA Adam	871	KOMPAS TEAM	M3 40-49	100	00:00:31	00:46:50.20	00:47:21.35	+00:25:12 (53.8%)	9:22	6.4 (46.0%)
627	DROZDEK Joanna	1295	KOMPAS TEAM	K3 40-49	72	00:00:30	00:46:50.45	00:47:20.95	+00:25:12 (53.8%)	9:22	6.4 (46.0%)
628	MICHALSKA Karolina	839	KOMPAS TEAM	K1 16-29	52	00:00:30	00:46:50.80	00:47:21.45	+00:25:12 (53.8%)	9:22	6.4 (46.0%)
629	TITONI Marta	1034	MASZ PRZEBIEGANE	K1 16-29	53	00:00:00	00:46:54.95	00:46:54.95	+00:25:16 (53.9%)	9:22	6.4 (46.0%)
630	LISIECKA Barbara	798		K4 50-59	16	00:00:40	00:47:00.70	00:47:41.25	+00:25:22 (54.0%)	9:24	6.4 (46.0%)
631	WIKI Marta	1069		K1 16-29	54	00:00:40	00:47:34.85	00:48:15.40	+00:25:56 (54.5%)	9:31	6.3 (45.3%)
632	ORLON Barbara	886	RUN HAPPY	K3 40-49	73	00:00:08	00:48:01.65	00:48:10.35	+00:26:23 (55.0%)	9:36	6.2 (44.6%)
633	MUSZYŃSKA Oliwia	853	PIŁA TEAM	K1 16-29	55	00:00:07	00:48:08.90	00:48:16.80	+00:26:30 (55.1%)	9:37	6.2 (44.6%)
634	STEMPNIAK-LECHOWICZ Lidia	1006		K2 30-39	113	00:00:56	00:48:40.45	00:49:36.95	+00:27:02 (55.6%)	9:44	6.2 (44.6%)
635	LECHOWICZ Jacek	789		M2 30-39	168	00:00:58	00:48:40.65	00:49:38.65	+00:27:02 (55.6%)	9:44	6.2 (44.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
636	KOŁACZYŃSKA Monika	735		K3 40-49	74	00:01:01	00:49:42.15	00:50:43.25	+00:28:04 (56.5%)	9:56	6 (43.2%)
637	PEDA Kamila	901		K2 30-39	114	00:00:27	00:49:52.50	00:50:20.10	+00:28:14 (56.6%)	9:58	6 (43.2%)
638	PTASZYŃSKI Jarosław	934	OCR TEAM WŁOCŁAWEK	M3 40-49	101	00:00:17	00:50:52.85	00:51:10.35	+00:29:14 (57.5%)	10:10	5.9 (42.4%)
639	KIELISZEK Anna	719	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	115	00:01:10	00:51:06.95	00:52:17.05	+00:29:28 (57.7%)	10:13	5.9 (42.4%)
640	KUCHARCZYK Elżbieta	765	RUNGRYF	K3 40-49	75	00:00:59	00:52:16.70	00:53:16.50	+00:30:38 (58.6%)	10:27	5.7 (41.0%)
641	LEWANDOWSKI Janusz	793	WIECZORNE BIEGANIE W SZCZECINIE	M5 60+	10	00:01:08	00:52:44.25	00:53:53.00	+00:31:06 (59.0%)	10:33	5.7 (41.0%)
642	HAŁAS Renata	665	SZYBCIEJ NIE MOGĘ	K4 50-59	17	00:01:08	00:52:44.60	00:53:52.80	+00:31:06 (59.0%)	10:32	5.7 (41.0%)
643	GORYŃSKA Daria	644		K1 16-29	56	00:00:06	00:54:23.15	00:54:29.50	+00:32:45 (60.2%)	10:52	5.5 (39.6%)
644	MUSZYŃSKA Barbara	854	PIŁA TEAM	K3 40-49	76	00:00:09	00:54:45.70	00:54:55.35	+00:33:07 (60.5%)	10:57	5.5 (39.6%)
645	MUSZYŃSKI Tomasz	855	PIŁA TEAM	M3 40-49	102	00:00:08	00:54:45.85	00:54:54.55	+00:33:07 (60.5%)	10:57	5.5 (39.6%)
646	ZAMOŻNY Anna	1109		K2 30-39	116	00:00:12	00:55:09.00	00:55:21.00	+00:33:30 (60.8%)	11:01	5.4 (38.8%)
647	WINIARSKA-GRABOWSKA Agnieszka	1071		K2 30-39	117	00:01:01	00:55:52.10	00:56:53.35	+00:34:14 (61.3%)	11:10	5.4 (38.8%)
648	KOSIANOWSKA Monika	742	GRUPA MALBORK	K4 50-59	18	00:01:01	00:55:52.75	00:56:54.00	+00:34:14 (61.3%)	11:10	5.4 (38.8%)
649	LIWUŚ-ŁAPIŃSKA Asia	799	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	118	00:00:42	00:56:30.15	00:57:12.65	+00:34:52 (61.7%)	11:18	5.3 (38.1%)
650	JADCZAK Danuta	678	SZCZECINSKO-POLICKI KLUB MORSY	K5 60+	2	00:00:19	00:56:45.50	00:57:04.65	+00:35:07 (61.9%)	11:21	5.3 (38.1%)
651	AYAN Ismail	512	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	103	00:00:14					(0.0%)

Znaleziono 651 wynik(ów)