



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: M2 30-39

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	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%)
3	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%)
4	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%)
5	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%)
6	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%)
7	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%)
8	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%)
9	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%)
10	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%)
11	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%)
12	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%)
13	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%)
14	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%)
15	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%)
16	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%)
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	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%)
24	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%)
25	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%)
26	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
27	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%)
28	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%)
29	CHRAPKOWSKI Marcel	574	OCR TEAM WŁOCLAWEK	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%)
30	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%)
31	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%)
32	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%)
33	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%)
34	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%)
35	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%)
36	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%)
37	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%)
38	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%)
39	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%)
40	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%)
41	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%)
42	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%)
43	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%)
44	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%)
45	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%)
46	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%)
47	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%)
48	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%)
49	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%)
50	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%)
51	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%)
52	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%)
53	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%)
54	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%)
55	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%)
56	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%)
57	FAFEREK 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%)
58	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%)
59	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%)
60	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%)
61	BŁĄŻEJEWSKI 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%)
62	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%)
63	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%)
64	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%)
65	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%)
66	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%)
67	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%)
68	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%)
69	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%)
70	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
71	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%)
72	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%)
73	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%)
74	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%)
75	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%)
76	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%)
77	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%)
78	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%)
79	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%)
80	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%)
81	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%)
82	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%)
83	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%)
84	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%)
85	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%)
86	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%)
87	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%)
88	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%)
89	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%)
90	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%)
91	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%)
92	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%)
93	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%)
94	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%)
95	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%)
96	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%)
97	BOSENKO Dmitriy	553	DZIKI WROCLAW	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%)
98	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%)
99	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%)
100	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%)
101	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%)
102	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%)
103	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%)
104	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%)
105	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%)
106	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%)
107	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%)
108	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%)
109	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%)
110	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%)
111	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%)
112	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%)
113	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%)
114	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
115	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%)
116	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%)
117	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%)
118	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%)
119	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%)
120	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%)
121	BARTOSZEK Michał	523	OCR TEAM WŁOCLAWEK	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%)
122	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%)
123	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%)
124	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%)
125	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%)
126	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%)
127	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%)
128	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%)
129	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%)
130	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%)
131	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%)
132	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%)
133	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%)
134	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%)
135	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%)
136	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%)
137	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%)
138	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%)
139	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%)
140	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%)
141	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%)
142	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%)
143	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%)
144	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%)
145	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%)
146	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%)
147	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%)
148	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%)
149	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%)
150	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%)
151	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%)
152	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%)
153	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%)
154	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%)
155	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%)
156	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%)
157	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%)
158	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
159	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%)
160	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%)
161	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%)
162	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%)
163	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%)
164	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%)
165	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%)
166	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%)
167	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%)
168	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%)

Znaleziono 168 wynik(ów)