



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: Open M

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	UKŁ 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	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%)
12	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%)
13	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%)
14	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	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%)
16	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%)
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	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%)
24	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%)
25	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%)
26	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%)
27	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%)
28	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%)
29	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%)
30	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%)
31	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%)
32	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%)
33	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%)
34	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%)
35	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%)
36	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%)
37	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%)

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38	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%)
39	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%)
40	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%)
41	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%)
42	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%)
43	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%)
44	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%)
45	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%)
46	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%)
47	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%)
48	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%)
49	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%)
50	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%)
51	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%)
52	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%)
53	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%)
54	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%)
55	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%)
56	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%)
57	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%)
58	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%)
59	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%)
60	HAWRYŁAK 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%)

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61	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%)
62	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%)
63	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%)
64	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%)
65	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%)
66	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%)
67	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%)
68	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%)
69	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%)
70	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%)
71	CIEŹKI 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%)
72	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%)
73	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%)
74	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%)
75	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%)
76	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%)
77	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%)
78	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%)
79	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%)
80	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%)
81	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%)
82	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%)
83	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%)

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84	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%)
85	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%)
86	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%)
87	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%)
88	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%)
89	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%)
90	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%)
91	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%)
92	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%)
93	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%)
94	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%)
95	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%)
96	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%)
97	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%)
98	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%)
99	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%)
100	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%)
101	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%)
102	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%)
103	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%)
104	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%)
105	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%)
106	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	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%)
108	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%)
109	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%)
110	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%)
111	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%)
112	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%)
113	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%)
114	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%)
115	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%)
116	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%)
117	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%)
118	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%)
119	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%)
120	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%)
121	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%)
122	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%)
123	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%)
124	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%)
125	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%)
126	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%)
127	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%)
128	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%)
129	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	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%)
131	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%)
132	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%)
133	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%)
134	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%)
135	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%)
136	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%)
137	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%)
138	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%)
139	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%)
140	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%)
141	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%)
142	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%)
143	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%)
144	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%)
145	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%)
146	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%)
147	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%)
148	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%)
149	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%)
150	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%)
151	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%)
152	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
153	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%)
154	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%)
155	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%)
156	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%)
157	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%)
158	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%)
159	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%)
160	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%)
161	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%)
162	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%)
163	HRYNİŁO 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%)
164	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%)
165	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%)
166	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%)
167	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%)
168	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%)
169	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%)
170	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%)
171	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%)
172	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%)
173	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%)
174	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%)
175	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
176	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%)
177	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%)
178	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%)
179	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%)
180	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%)
181	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%)
182	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%)
183	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%)
184	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%)
185	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%)
186	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%)
187	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%)
188	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%)
189	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%)
190	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%)
191	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%)
192	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%)
193	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%)
194	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%)
195	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%)
196	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%)
197	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%)
198	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
199	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%)
200	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%)
201	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%)
202	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%)
203	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%)
204	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%)
205	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%)
206	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%)
207	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%)
208	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%)
209	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%)
210	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%)
211	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%)
212	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%)
213	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%)
214	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%)
215	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%)
216	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%)
217	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%)
218	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%)
219	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%)
220	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%)
221	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
222	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%)
223	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%)
224	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%)
225	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%)
226	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%)
227	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%)
228	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%)
229	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%)
230	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%)
231	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%)
232	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%)
233	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%)
234	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%)
235	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%)
236	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%)
237	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%)
238	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%)
239	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%)
240	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%)
241	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%)
242	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%)
243	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%)
244	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
245	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%)
246	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%)
247	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%)
248	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%)
249	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%)
250	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%)
251	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%)
252	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%)
253	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%)
254	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%)
255	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%)
256	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%)
257	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%)
258	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%)
259	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%)
260	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%)
261	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%)
262	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%)
263	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%)
264	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%)
265	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%)
266	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%)
267	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
268	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%)
269	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%)
270	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%)
271	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%)
272	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%)
273	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%)
274	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%)
275	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%)
276	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%)
277	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%)
278	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%)
279	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%)
280	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%)
281	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%)
282	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%)
283	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%)
284	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%)
285	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%)
286	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%)
287	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%)
288	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%)
289	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%)
290	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
291	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%)
292	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%)
293	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%)
294	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%)
295	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%)
296	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%)
297	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%)
298	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%)
299	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%)
300	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%)
301	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%)
302	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%)
303	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%)
304	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%)
305	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%)
306	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%)
307	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%)
308	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%)
309	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%)
310	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%)
311	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%)
312	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%)
313	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
314	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%)
315	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%)
316	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%)
317	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%)
318	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%)
319	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%)
320	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%)
321	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%)
322	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%)
323	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%)
324	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%)
325	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%)
326	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%)
327	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%)
328	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%)
329	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%)
330	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%)
331	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%)
332	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%)
332	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%)
334	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%)
335	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%)
336	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
337	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%)
338	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%)
339	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%)
340	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%)
341	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%)
342	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%)
343	PREŹKI 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%)
344	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%)
345	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%)
346	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%)
347	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%)
348	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%)
349	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%)
350	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%)
351	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%)
352	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%)
353	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%)
354	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%)
355	BARSCZEWSKI 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%)
356	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%)
357	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%)
358	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%)
359	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
360	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%)
361	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%)
362	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%)
363	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%)
364	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%)
365	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%)
366	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%)
367	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%)
368	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%)
369	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%)
370	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%)
371	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%)
372	AYAN Ismail	512	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	103	00:00:14					(0.0%)

Znaleziono 372 wynik(ów)