



# NOCNY BIEG SZLAKIEM DZIKA

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Dziki Weekend 2020  
**Organizator:** Stowarzyszenie Klub Biegowy Dzik  
**Data:** 2020-08-21  
**Miejsce:** Police  
**Dystans:** 5 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>NOWICKI Bartosz</b>	<b>1004</b>	BNOW SPORTS	M2 30-39	1	00:01:02	<b>00:21:21.75</b>	<b>00:22:24.35</b>		4:16	14 (100%)
2	<b>HRYNKO Jacek</b>	<b>953</b>	15 BRYGADA ZMECHANIZOWANA W GIŻYCKU	M1 16-29	1	00:34:02	<b>00:21:47.95</b>	<b>00:55:50.05</b>	+00:00:26 (2.0%)	4:21	13.8 (98.6%)
3	<b>PAWLISIAK Paweł</b>	<b>991</b>	BBL POLICE/ STG SZCZECIN	M2 30-39	2	00:08:05	<b>00:21:48.75</b>	<b>00:29:54.70</b>	+00:00:27 (2.1%)	4:21	13.8 (98.6%)
4	<b>OLICHOWSKI Mateusz</b>	<b>1124</b>	SURVIWAŁTEAM	M1 16-29	2	00:24:49	<b>00:22:42.15</b>	<b>00:47:31.70</b>	+00:01:20 (5.9%)	4:32	13.2 (94.3%)
5	<b>RUDZIŃSKI Jacek</b>	<b>1126</b>	KB HERMES GRYFINO / KW PSP SZCZECIN	M4 50-59	1	00:04:48	<b>00:22:54.55</b>	<b>00:27:43.25</b>	+00:01:32 (6.8%)	4:35	13.1 (93.6%)
6	<b>DUCHNOWSKI Łukasz</b>	<b>952</b>	15 GIZYCKA BRYGADA ZMECHANIZOWANA	M2 30-39	3	00:34:04	<b>00:23:35.40</b>	<b>00:57:39.95</b>	+00:02:13 (9.4%)	4:43	12.7 (90.7%)
7	<b>ALEKSANDROV Denys</b>	<b>941</b>	TRIGYM	M1 16-29	3	00:01:56	<b>00:23:39.75</b>	<b>00:25:36.00</b>	+00:02:18 (9.7%)	4:44	12.7 (90.7%)
8	<b>GRZESIK Eugeniusz</b>	<b>852</b>	KOMENDA MIEJSKA PSP KOSZALIN	M4 50-59	2	00:05:01	<b>00:24:07.45</b>	<b>00:29:09.30</b>	+00:02:45 (11.4%)	4:49	12.4 (88.6%)
9	<b>GRYGORCEWICZ Jan</b>	<b>925</b>	SKB DZIK	M4 50-59	3	00:26:44	<b>00:24:14.50</b>	<b>00:50:58.50</b>	+00:02:52 (11.9%)	4:50	12.4 (88.6%)
10	<b>WRÓBLEWSKI Michał</b>	<b>983</b>	LIFE4FIT	M3 40-49	1	00:01:44	<b>00:24:19.80</b>	<b>00:26:03.90</b>	+00:02:58 (12.2%)	4:51	12.3 (87.9%)
11	<b>CHENON Guillaume</b>	<b>796</b>		M2 30-39	4	00:15:54	<b>00:24:38.80</b>	<b>00:40:33.15</b>	+00:03:17 (13.3%)	4:55	12.2 (87.1%)
12	<b>OLEJARZ Damian</b>	<b>636</b>	POL-BUD POLICE	M2 30-39	5	00:22:27	<b>00:24:41.00</b>	<b>00:47:08.00</b>	+00:03:19 (13.5%)	4:56	12.2 (87.1%)
13	<b>HOŁYŃSKI Leszek</b>	<b>679</b>	KM PSP SZCZECIN	M2 30-39	6	00:04:16	<b>00:24:49.00</b>	<b>00:29:05.90</b>	+00:03:27 (13.9%)	4:57	12.1 (86.4%)
14	<b>WASILEWSKI Andrzej</b>	<b>826</b>		M3 40-49	2	00:10:50	<b>00:24:53.50</b>	<b>00:35:44.40</b>	+00:03:31 (14.2%)	4:58	12 (85.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	<b>STOLARCZUK Grzegorz</b>	<b>954</b>		M2 30-39	7	00:12:31	<b>00:24:53.80</b>	<b>00:37:24.85</b>	+00:03:32 (14.2%)	4:58	12.1 (86.4%)
16	<b>ZYGMUNT Tomasz</b>	<b>798</b>	OŻW SZCZECIN	M3 40-49	3	00:06:35	<b>00:25:04.15</b>	<b>00:31:39.30</b>	+00:03:42 (14.8%)	5:00	12 (85.7%)
17	<b>JASTAK Paweł</b>	<b>665</b>		M3 40-49	4	00:01:50	<b>00:25:05.65</b>	<b>00:26:56.60</b>	+00:03:43 (14.9%)	5:01	12 (85.7%)
18	<b>NIEWCZAS Jakub</b>	<b>935</b>	DZIKA SIGMA	M1 16-29	4	00:04:50	<b>00:25:16.75</b>	<b>00:30:07.45</b>	+00:03:55 (15.5%)	5:03	11.9 (85.0%)
19	<b>ARLUKIEWICZ Grzegorz</b>	<b>705</b>		M2 30-39	8	00:29:45	<b>00:25:23.10</b>	<b>00:55:08.95</b>	+00:04:01 (15.8%)	5:04	11.8 (84.3%)
20	<b>MAZUR Emiliusz</b>	<b>955</b>	KM PSP KOSZALIN	M3 40-49	5	00:25:35	<b>00:25:29.20</b>	<b>00:51:04.20</b>	+00:04:07 (16.2%)	5:05	11.8 (84.3%)
21	<b>BURAS Radosław</b>	<b>1135</b>	HELLS HEAVEN SZCZECIN	M2 30-39	9	00:02:45	<b>00:25:30.65</b>	<b>00:28:16.10</b>	+00:04:08 (16.3%)	5:06	11.8 (84.3%)
22	<b>SAWICKI Bartosz</b>	<b>762</b>	DZIKIE DZIKI GORZÓW	M1 16-29	5	00:09:39	<b>00:25:36.05</b>	<b>00:35:15.95</b>	+00:04:14 (16.6%)	5:07	11.7 (83.6%)
23	<b>KRZYWIEC Grzegorz</b>	<b>874</b>	BBL POLICE	M2 30-39	10	00:03:06	<b>00:25:52.40</b>	<b>00:28:58.70</b>	+00:04:30 (17.4%)	5:10	11.6 (82.9%)
24	<b>ZELEK Darek</b>	<b>965</b>		M3 40-49	6	00:26:50	<b>00:25:54.65</b>	<b>00:52:45.05</b>	+00:04:32 (17.6%)	5:11	11.6 (82.9%)
25	<b>RUŚKIEWICZ Wojciech</b>	<b>943</b>	DELOITTE ADVENTURE TEAM	M2 30-39	11	00:07:09	<b>00:25:57.75</b>	<b>00:33:07.15</b>	+00:04:36 (17.7%)	5:11	11.6 (82.9%)
26	<b>SŁOWIK Jacek</b>	<b>635</b>		M2 30-39	12	00:54:31	<b>00:25:59.30</b>	<b>01:20:30.65</b>	+00:04:37 (17.8%)	5:11	11.5 (82.1%)
27	<b>KRZEŚNIEWSKI Marcin</b>	<b>646</b>	ROWEROWY ZAŁOM	M3 40-49	7	00:01:29	<b>00:26:11.30</b>	<b>00:27:40.95</b>	+00:04:49 (18.4%)	5:14	11.5 (82.1%)
28	<b>PILARCZYK Katarzyna</b>	<b>709</b>	KLUB SPORTOWY FITNESS	K2 30-39	1	00:09:51	<b>00:26:12.40</b>	<b>00:36:04.15</b>	+00:04:50 (18.5%)	5:14	11.4 (81.4%)
29	<b>ZYCH Krzysztof</b>	<b>988</b>	SRAMMAGEDON SŁAWOBORZE	M2 30-39	13	00:13:34	<b>00:26:17.45</b>	<b>00:39:51.60</b>	+00:04:55 (18.7%)	5:15	11.4 (81.4%)
30	<b>RYNKIEWICZ Jędrzej</b>	<b>985</b>	15 GIŻYCKA BRYGADY ZMECHANIZOWANA	M2 30-39	14	00:34:05	<b>00:26:18.90</b>	<b>01:00:24.60</b>	+00:04:57 (18.8%)	5:15	11.4 (81.4%)
31	<b>WOSZCZYK Sebastian</b>	<b>621</b>		M3 40-49	8	00:09:47	<b>00:26:28.10</b>	<b>00:36:15.25</b>	+00:05:06 (19.3%)	5:17	11.3 (80.7%)
32	<b>WIŚNIEWSKI Mariusz</b>	<b>581</b>	IHUHU TEAM	M2 30-39	15	00:11:47	<b>00:26:39.20</b>	<b>00:38:26.20</b>	+00:05:17 (19.9%)	5:19	11.3 (80.7%)
33	<b>ELLMANN Filip</b>	<b>868</b>	PIJANEGO MISTRZA STYL	M2 30-39	16	00:10:57	<b>00:26:45.20</b>	<b>00:37:42.35</b>	+00:05:23 (20.2%)	5:21	11.2 (80.0%)
34	<b>MARZEC Karolina</b>	<b>961</b>	DZIKIE DZIKI GORZÓW	K3 40-49	1	00:09:48	<b>00:26:46.20</b>	<b>00:36:34.60</b>	+00:05:24 (20.2%)	5:21	11.2 (80.0%)
35	<b>TOMICZAK Krzysztof</b>	<b>660</b>		M3 40-49	9	00:04:28	<b>00:26:46.55</b>	<b>00:31:14.65</b>	+00:05:24 (20.2%)	5:21	11.2 (80.0%)
36	<b>BABICZ Wojtek</b>	<b>884</b>	BRIDGESTONE STARGARD RUNNERS	M3 40-49	10	00:02:31	<b>00:26:47.05</b>	<b>00:29:18.60</b>	+00:05:25 (20.2%)	5:21	11.2 (80.0%)
37	<b>DYDEK Edyta</b>	<b>1159</b>	SKB DZIK	K1 16-29	1	01:28:22	<b>00:26:47.25</b>	<b>01:55:09.50</b>	+00:05:25 (20.3%)	5:21	11.2 (80.0%)

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38	<b>BIĘNKOWSKI Tomasz</b>	<b>861</b>	BIEGOLAS	M2 30-39	17	00:03:41	<b>00:26:51.15</b>	<b>00:30:33.05</b>	+00:05:29 (20.4%)	5:22	11.2 (80.0%)
39	<b>SZUBCZYŃSKI Marcin</b>	<b>984</b>	DLL PARTNERS	M2 30-39	18	00:28:39	<b>00:26:52.15</b>	<b>00:55:31.85</b>	+00:05:30 (20.5%)	5:22	11.2 (80.0%)
40	<b>FAFEREK Piotr</b>	<b>879</b>		M2 30-39	19	00:04:58	<b>00:26:58.95</b>	<b>00:31:57.15</b>	+00:05:37 (20.8%)	5:23	11.1 (79.3%)
41	<b>OSTOJSKI Ireneusz</b>	<b>966</b>	DLL PARTNERS	M3 40-49	11	00:28:38	<b>00:27:00.15</b>	<b>00:55:38.30</b>	+00:05:38 (20.9%)	5:24	11.1 (79.3%)
42	<b>MATUSIAK Rafał</b>	<b>639</b>	WŚCIEKŁE PSY	M1 16-29	6	00:02:08	<b>00:27:06.25</b>	<b>00:29:14.60</b>	+00:05:44 (21.2%)	5:25	11.1 (79.3%)
43	<b>SZYSZKO Filip</b>	<b>1131</b>	DLL PARTNERS	M1 16-29	7	00:30:59	<b>00:27:11.95</b>	<b>00:58:11.35</b>	+00:05:50 (21.5%)	5:26	11 (78.6%)
44	<b>WOJDYŁA Michał</b>	<b>909</b>	ROYAL RUNNERS TEAM	M2 30-39	20	00:02:47	<b>00:27:15.65</b>	<b>00:30:02.95</b>	+00:05:53 (21.6%)	5:27	11 (78.6%)
45	<b>KRUK Bartosz</b>	<b>934</b>		M2 30-39	21	00:04:26	<b>00:27:20.55</b>	<b>00:31:46.70</b>	+00:05:58 (21.9%)	5:28	11 (78.6%)
46	<b>BLIZNA Rafał</b>	<b>1118</b>		M2 30-39	22	00:02:43	<b>00:27:23.30</b>	<b>00:30:06.75</b>	+00:06:01 (22.0%)	5:28	11 (78.6%)
47	<b>PROCIAK Krzysztof</b>	<b>1155</b>	SKB DZIK	M2 30-39	23	00:56:12	<b>00:27:23.80</b>	<b>01:23:36.70</b>	+00:06:02 (22.0%)	5:28	10.9 (77.9%)
48	<b>PIĘTKA Grzegorz</b>	<b>655</b>	HELL'S HEAVEN SZCZECIN	M3 40-49	12	00:07:24	<b>00:27:25.50</b>	<b>00:34:49.85</b>	+00:06:03 (22.1%)	5:29	10.9 (77.9%)
49	<b>IWANIEC Dariusz</b>	<b>713</b>	BIEGOLAS KOSZALIN	M3 40-49	13	00:11:30	<b>00:27:28.80</b>	<b>00:38:59.00</b>	+00:06:07 (22.3%)	5:29	10.9 (77.9%)
50	<b>APIECIONEK Mateusz</b>	<b>1253</b>	UKL ÓSEMKA	M1 16-29	8	00:03:04	<b>00:27:30.65</b>	<b>00:30:34.90</b>	+00:06:08 (22.3%)	5:30	10.9 (77.9%)
51	<b>MORGIEWICZ Piotr</b>	<b>962</b>	RUNGRYF GRYFICE	M4 50-59	4	00:01:45	<b>00:27:32.30</b>	<b>00:29:18.15</b>	+00:06:10 (22.4%)	5:30	10.9 (77.9%)
52	<b>CIELUCH Paulina</b>	<b>1252</b>	GRUPA AZOTY POLICE	K2 30-39	2	00:03:02	<b>00:27:32.35</b>	<b>00:30:34.45</b>	+00:06:10 (22.4%)	5:30	10.9 (77.9%)
53	<b>SOBCZAK Paweł</b>	<b>1086</b>		M2 30-39	24	00:08:14	<b>00:27:36.90</b>	<b>00:35:51.20</b>	+00:06:15 (22.6%)	5:31	10.9 (77.9%)
54	<b>PARADZIŃSKI Dawid</b>	<b>770</b>		M1 16-29	9	00:16:20	<b>00:27:42.55</b>	<b>00:44:03.05</b>	+00:06:20 (22.9%)	5:32	10.8 (77.1%)
55	<b>KĘDZIOR Jakub</b>	<b>607</b>	DECATHLON PIŁA	M1 16-29	10	00:08:10	<b>00:27:44.45</b>	<b>00:35:54.65</b>	+00:06:22 (23.0%)	5:32	10.8 (77.1%)
56	<b>RUBIN Karol</b>	<b>997</b>	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	M1 16-29	11	00:34:08	<b>00:27:48.85</b>	<b>01:01:56.90</b>	+00:06:27 (23.2%)	5:33	10.8 (77.1%)
57	<b>PASIEKA Agnieszka</b>	<b>768</b>	21. BAZA LOTNICTWA TAKTYCZNEGO	K2 30-39	3	00:39:22	<b>00:27:55.95</b>	<b>01:07:18.90</b>	+00:06:34 (23.5%)	5:35	10.7 (76.4%)
58	<b>GRALEWICZ Albert</b>	<b>601</b>		M1 16-29	12	00:06:37	<b>00:27:59.70</b>	<b>00:34:36.85</b>	+00:06:37 (23.7%)	5:35	10.7 (76.4%)
59	<b>KOMSTA Rafał</b>	<b>668</b>	PAN WĄSKI I JEGO MAFIA	M2 30-39	25	00:03:26	<b>00:28:06.10</b>	<b>00:31:32.45</b>	+00:06:44 (24.0%)	5:37	10.7 (76.4%)
60	<b>GERLICH Kai</b>	<b>732</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	M1 16-29	13	00:06:42	<b>00:28:15.60</b>	<b>00:34:57.95</b>	+00:06:53 (24.4%)	5:39	10.6 (75.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
61	<b>KUŁAKOWSKI Dawid</b>	<b>676</b>	BIEGOLAS KOSZALIN	M3 40-49	14	00:11:28	<b>00:28:25.35</b>	<b>00:39:53.60</b>	+00:07:03 (24.8%)	5:41	10.6 (75.7%)
62	<b>BARTOSIEWICZ Adam</b>	<b>1119</b>		M3 40-49	15	00:37:47	<b>00:28:27.40</b>	<b>01:06:15.00</b>	+00:07:05 (24.9%)	5:41	10.5 (75.0%)
63	<b>KRUSZCZYŃSKA Marzena</b>	<b>1158</b>		K2 30-39	4	00:24:43	<b>00:28:28.65</b>	<b>00:53:12.60</b>	+00:07:06 (25.0%)	5:41	10.5 (75.0%)
64	<b>DZIADEK Krzysztof</b>	<b>901</b>	BIEGOLAS KOSZALIN	M2 30-39	26	00:11:25	<b>00:28:28.80</b>	<b>00:39:54.40</b>	+00:07:07 (25.0%)	5:41	10.5 (75.0%)
65	<b>MICERSKI Tomasz</b>	<b>666</b>	BIEGOLAS KOSZALIN	M3 40-49	16	00:11:23	<b>00:28:30.15</b>	<b>00:39:53.30</b>	+00:07:08 (25.1%)	5:42	10.5 (75.0%)
66	<b>GRZYB Albert</b>	<b>645</b>		M1 16-29	14	00:09:14	<b>00:28:33.95</b>	<b>00:37:48.25</b>	+00:07:12 (25.2%)	5:42	10.5 (75.0%)
67	<b>LENCEWICZ Grzegorz</b>	<b>590</b>	HUSARIA RACE TEAM SZCZECIN	M2 30-39	27	00:11:19	<b>00:28:38.10</b>	<b>00:39:57.15</b>	+00:07:16 (25.4%)	5:43	10.5 (75.0%)
68	<b>MILANOWICZ Maciej</b>	<b>883</b>	BRIDGESTONE STARGARD RUNNERS	M2 30-39	28	00:02:29	<b>00:28:38.75</b>	<b>00:31:08.20</b>	+00:07:17 (25.4%)	5:43	10.5 (75.0%)
69	<b>CZYLKOWSKI Patryk</b>	<b>1001</b>		M2 30-39	29	00:03:59	<b>00:28:48.25</b>	<b>00:32:47.75</b>	+00:07:26 (25.8%)	5:45	10.4 (74.3%)
70	<b>PASTERNAK Rafał</b>	<b>923</b>	ODRA GRYFINO	M2 30-39	30	00:09:30	<b>00:28:49.55</b>	<b>00:38:20.05</b>	+00:07:27 (25.9%)	5:46	10.4 (74.3%)
71	<b>ARAMOWICZ Sławomir</b>	<b>749</b>		M2 30-39	31	00:13:13	<b>00:28:54.75</b>	<b>00:42:08.30</b>	+00:07:33 (26.1%)	5:47	10.4 (74.3%)
72	<b>DROŹDZIŃSKI Konrad</b>	<b>945</b>	RAZ SZCZECIN	M2 30-39	32	00:39:43	<b>00:28:56.60</b>	<b>01:08:39.90</b>	+00:07:34 (26.2%)	5:47	10.4 (74.3%)
73	<b>LÜCKOFF Marc Steffen</b>	<b>748</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	17	00:07:30	<b>00:29:01.75</b>	<b>00:36:32.70</b>	+00:07:40 (26.4%)	5:48	10.3 (73.6%)
74	<b>RYŻ Arkadiusz</b>	<b>973</b>	DLL PARTNERS	M2 30-39	33	00:28:54	<b>00:29:04.50</b>	<b>00:57:58.55</b>	+00:07:42 (26.5%)	5:48	10.3 (73.6%)
75	<b>JĘDRZEJEK Dariusz</b>	<b>791</b>		M2 30-39	34	00:09:11	<b>00:29:04.85</b>	<b>00:38:16.65</b>	+00:07:43 (26.5%)	5:49	10.3 (73.6%)
76	<b>KRUSZYNA Robert</b>	<b>761</b>		M3 40-49	18	00:12:01	<b>00:29:07.00</b>	<b>00:41:08.15</b>	+00:07:45 (26.6%)	5:49	10.3 (73.6%)
77	<b>PYREK Krzysztof</b>	<b>663</b>	JOKER	M3 40-49	19	00:44:03	<b>00:29:15.95</b>	<b>01:13:19.05</b>	+00:07:54 (27.0%)	5:51	10.3 (73.6%)
78	<b>PIEKARSKI Kamil</b>	<b>610</b>		M2 30-39	35	00:38:10	<b>00:29:16.70</b>	<b>01:07:26.90</b>	+00:07:54 (27.0%)	5:51	10.3 (73.6%)
79	<b>TOMCZAK Artur</b>	<b>896</b>	DIRTY SPARROWS	M2 30-39	36	00:10:39	<b>00:29:17.65</b>	<b>00:39:56.80</b>	+00:07:55 (27.1%)	5:51	10.2 (72.9%)
80	<b>GRYGORCEWICZ Jan</b>	<b>1254</b>	OKL ÓSEMKA POLICE	M1 16-29	15	00:26:46	<b>00:29:19.75</b>	<b>00:56:06.30</b>	+00:07:58 (27.2%)	5:52	10.2 (72.9%)
81	<b>KNIOŁA Łukasz</b>	<b>603</b>	PIŁA TEAM	M3 40-49	20	00:01:39	<b>00:29:22.10</b>	<b>00:31:01.55</b>	+00:08:00 (27.3%)	5:52	10.2 (72.9%)
82	<b>DYDEK Arkadiusz</b>	<b>1160</b>	DZIK	M1 16-29	16	01:28:09	<b>00:29:26.90</b>	<b>01:57:36.10</b>	+00:08:05 (27.5%)	5:53	10.2 (72.9%)
83	<b>PODOLAK Mirosław</b>	<b>907</b>		M3 40-49	21	00:05:42	<b>00:29:31.60</b>	<b>00:35:14.00</b>	+00:08:09 (27.7%)	5:54	10.2 (72.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
84	<b>WÓJCIK Krzysztof</b>	<b>650</b>	DĄBROWSKI TEAM	M2 30-39	37	00:02:21	<b>00:29:32.40</b>	<b>00:31:54.05</b>	+00:08:10 (27.7%)	5:54	10.2 (72.9%)
85	<b>HABRAT Barbara</b>	<b>816</b>	AKADEMIA WOJSK LĄDOWYCH	K1 16-29	2	00:01:25	<b>00:29:39.40</b>	<b>00:31:05.25</b>	+00:08:17 (28.0%)	5:56	10.1 (72.1%)
86	<b>PASZKO Daniel</b>	<b>872</b>	WIECZORNE BIEGANIE SZCZECIN / KOMPAS TEAM POLICE	M3 40-49	22	00:03:51	<b>00:29:43.25</b>	<b>00:33:35.15</b>	+00:08:21 (28.1%)	5:56	10.1 (72.1%)
87	<b>KOŁOMAŃSKI Hubert</b>	<b>1006</b>		M2 30-39	38	00:38:21	<b>00:29:45.05</b>	<b>01:08:07.00</b>	+00:08:23 (28.2%)	5:57	10.1 (72.1%)
88	<b>HAWRYLAK Marcin</b>	<b>766</b>	BIEG KORCZAKA	M4 50-59	5	00:02:38	<b>00:29:48.05</b>	<b>00:32:26.80</b>	+00:08:26 (28.3%)	5:57	10.1 (72.1%)
89	<b>LEWANDOWSKI Piotr</b>	<b>1154</b>	SKB DZIK	M3 40-49	23	00:12:59	<b>00:29:49.25</b>	<b>00:42:48.45</b>	+00:08:27 (28.4%)	5:57	10.1 (72.1%)
90	<b>MOTYL Wojciech</b>	<b>1087</b>		M2 30-39	39	00:24:41	<b>00:29:50.30</b>	<b>00:54:31.45</b>	+00:08:28 (28.4%)	5:58	10.1 (72.1%)
91	<b>PAŃCZYK Tomasz</b>	<b>979</b>		M2 30-39	40	00:15:23	<b>00:29:53.10</b>	<b>00:45:16.65</b>	+00:08:31 (28.5%)	5:58	10 (71.4%)
92	<b>TKACZUK Bartosz</b>	<b>741</b>		M1 16-29	17	00:12:03	<b>00:29:54.05</b>	<b>00:41:57.05</b>	+00:08:32 (28.6%)	5:58	10 (71.4%)
93	<b>RAKOCZY Bartosz</b>	<b>995</b>	DZIKIE DZIKI GORZÓW	M2 30-39	41	00:09:44	<b>00:29:55.50</b>	<b>00:39:40.40</b>	+00:08:33 (28.6%)	5:59	10 (71.4%)
94	<b>STRZEMIŃSKI Bartłomiej</b>	<b>846</b>		M1 16-29	18	00:08:55	<b>00:30:07.10</b>	<b>00:39:02.15</b>	+00:08:45 (29.1%)	6:01	10 (71.4%)
95	<b>ROMANOWICZ Monika</b>	<b>623</b>	DZIKIE ŻÓŁWIE	K2 30-39	5	00:11:44	<b>00:30:10.85</b>	<b>00:41:55.40</b>	+00:08:49 (29.2%)	6:02	9.9 (70.7%)
96	<b>DUDKA Robert</b>	<b>902</b>		M2 30-39	42	00:18:06	<b>00:30:11.05</b>	<b>00:48:18.00</b>	+00:08:49 (29.2%)	6:02	9.9 (70.7%)
97	<b>KOCZKODAJ Kamil</b>	<b>805</b>	OŻW SZCZECIN	M2 30-39	43	00:15:00	<b>00:30:12.70</b>	<b>00:45:13.25</b>	+00:08:50 (29.3%)	6:02	9.9 (70.7%)
98	<b>SIEDLER Martin</b>	<b>827</b>		M2 30-39	44	02:12:05	<b>00:30:13.15</b>	<b>02:42:18.25</b>	+00:08:51 (29.3%)	6:02	9.9 (70.7%)
99	<b>KAMIŃSKA Adrianna</b>	<b>976</b>	BBL POLICE	K2 30-39	6	00:37:54	<b>00:30:13.35</b>	<b>01:08:08.25</b>	+00:08:51 (29.3%)	6:02	9.9 (70.7%)
100	<b>POGORZELSKA Aleksandra</b>	<b>602</b>	DECATHLON PIŁA	K1 16-29	3	00:07:58	<b>00:30:17.40</b>	<b>00:38:16.20</b>	+00:08:55 (29.5%)	6:03	9.9 (70.7%)
101	<b>WITORZĘĆ Dariusz</b>	<b>710</b>		M3 40-49	24	00:04:22	<b>00:30:17.60</b>	<b>00:34:39.60</b>	+00:08:55 (29.5%)	6:03	9.9 (70.7%)
102	<b>SOWA Krzysztof</b>	<b>969</b>		M2 30-39	45	00:04:14	<b>00:30:22.40</b>	<b>00:34:36.60</b>	+00:09:00 (29.7%)	6:04	9.9 (70.7%)
103	<b>NAREJKO Paweł</b>	<b>821</b>		M1 16-29	19	00:04:19	<b>00:30:24.85</b>	<b>00:34:44.05</b>	+00:09:03 (29.8%)	6:05	9.9 (70.7%)
104	<b>OGRODZIŃSKI Przemysław</b>	<b>641</b>		M2 30-39	46	00:02:06	<b>00:30:25.30</b>	<b>00:32:31.65</b>	+00:09:03 (29.8%)	6:05	9.9 (70.7%)
105	<b>NIKLAS Małgorzata</b>	<b>711</b>	KSF	K2 30-39	7	00:09:55	<b>00:30:36.55</b>	<b>00:40:31.95</b>	+00:09:14 (30.2%)	6:07	9.8 (70.0%)
106	<b>ŁAWNICZAK Sebastian</b>	<b>845</b>		M3 40-49	25	00:02:24	<b>00:30:36.85</b>	<b>00:33:01.20</b>	+00:09:15 (30.2%)	6:07	9.8 (70.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	<b>WOŁK Marcin</b>	<b>712</b>	KSF	M2 30-39	47	00:09:53	<b>00:30:38.25</b>	<b>00:40:31.95</b>	+00:09:16 (30.3%)	6:07	9.8 (70.0%)
108	<b>BOCHENEK Michał</b>	<b>853</b>	AFRO-FIT WATAHA CROSSFIT	M2 30-39	48	00:10:53	<b>00:30:43.85</b>	<b>00:41:37.25</b>	+00:09:22 (30.5%)	6:08	9.8 (70.0%)
109	<b>CZAPLA Tomasz</b>	<b>977</b>		M3 40-49	26	00:32:55	<b>00:30:50.00</b>	<b>01:03:45.40</b>	+00:09:28 (30.7%)	6:10	9.7 (69.3%)
110	<b>NEJMAN Marcin</b>	<b>933</b>	HAWAJSKIE REKINY	M1 16-29	20	00:03:16	<b>00:30:51.75</b>	<b>00:34:08.00</b>	+00:09:30 (30.8%)	6:10	9.7 (69.3%)
111	<b>KONDELA Paweł</b>	<b>612</b>	OŻW SZCZECIN	M3 40-49	27	00:15:03	<b>00:30:52.70</b>	<b>00:45:55.70</b>	+00:09:30 (30.8%)	6:10	9.7 (69.3%)
112	<b>SCHULZE Stefan</b>	<b>745</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	6	00:06:22	<b>00:30:56.75</b>	<b>00:37:19.65</b>	+00:09:35 (31.0%)	6:11	9.7 (69.3%)
113	<b>DOBRYCKI Piotr</b>	<b>1133</b>	BRIDGESTONE STARGARD RUNNERS	M3 40-49	28	00:05:37	<b>00:30:57.55</b>	<b>00:36:34.55</b>	+00:09:35 (31.0%)	6:11	9.7 (69.3%)
114	<b>MASYS Agnieszka</b>	<b>617</b>	GRUPA MALBORK	K3 40-49	2	00:09:42	<b>00:30:57.80</b>	<b>00:40:40.35</b>	+00:09:36 (31.0%)	6:11	9.7 (69.3%)
115	<b>GRALEWICZ Robert</b>	<b>600</b>		M3 40-49	29	00:06:39	<b>00:30:58.15</b>	<b>00:37:37.25</b>	+00:09:36 (31.0%)	6:11	9.7 (69.3%)
115	<b>WALCZAK Tadeusz</b>	<b>1057</b>		M4 50-59	7	00:11:04	<b>00:30:58.15</b>	<b>00:42:02.15</b>	+00:09:36 (31.0%)	6:11	9.7 (69.3%)
117	<b>SKRZYPIEC Andrzej</b>	<b>701</b>	BIEGACZE ŚWINOUJŚCIE	M5 60+	1	00:13:17	<b>00:30:58.25</b>	<b>00:44:15.45</b>	+00:09:36 (31.0%)	6:11	9.7 (69.3%)
118	<b>WOŁYŃSKI Dominik</b>	<b>1054</b>		M2 30-39	49	00:23:30	<b>00:30:58.75</b>	<b>00:54:29.65</b>	+00:09:37 (31.0%)	6:11	9.7 (69.3%)
119	<b>BOCK Agnieszka</b>	<b>728</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	K2 30-39	8	00:06:32	<b>00:30:59.20</b>	<b>00:37:31.55</b>	+00:09:37 (31.1%)	6:11	9.7 (69.3%)
120	<b>WASIELEWSKI Jakub</b>	<b>978</b>		M2 30-39	50	00:32:51	<b>00:31:00.15</b>	<b>01:03:51.45</b>	+00:09:38 (31.1%)	6:12	9.7 (69.3%)
121	<b>KRZYWIEC Marcin</b>	<b>1020</b>		M2 30-39	51	00:01:53	<b>00:31:00.35</b>	<b>00:32:54.30</b>	+00:09:38 (31.1%)	6:12	9.7 (69.3%)
122	<b>GÓSKI Tomasz</b>	<b>886</b>	TEAM SPIRIT NOWA SÓL	M3 40-49	30	00:08:51	<b>00:31:00.60</b>	<b>00:39:52.20</b>	+00:09:38 (31.1%)	6:12	9.7 (69.3%)
123	<b>DYWELSKI Marcin</b>	<b>1078</b>	BRIDGESTONE STARGARD RUNNERS	M3 40-49	31	00:04:30	<b>00:31:01.70</b>	<b>00:35:32.25</b>	+00:09:39 (31.2%)	6:12	9.7 (69.3%)
124	<b>BURDZIK Wojciech</b>	<b>975</b>		M1 16-29	21	00:08:03	<b>00:31:02.00</b>	<b>00:39:05.50</b>	+00:09:40 (31.2%)	6:12	9.7 (69.3%)
125	<b>KRAWIEC Mateusz</b>	<b>1145</b>		M1 16-29	22	00:02:55	<b>00:31:03.70</b>	<b>00:33:59.60</b>	+00:09:41 (31.2%)	6:12	9.7 (69.3%)
126	<b>URBANOWICZ Piotr</b>	<b>1143</b>		M1 16-29	23	00:02:53	<b>00:31:05.25</b>	<b>00:33:58.85</b>	+00:09:43 (31.3%)	6:13	9.7 (69.3%)
127	<b>PEDZIWIATR Marek</b>	<b>717</b>		M3 40-49	32	00:09:19	<b>00:31:11.30</b>	<b>00:40:30.60</b>	+00:09:49 (31.5%)	6:14	9.6 (68.6%)
128	<b>POŁOCZAŃSKI Piotr</b>	<b>811</b>	SZWAGRY BIEGAJĄ	M2 30-39	52	00:02:04	<b>00:31:12.80</b>	<b>00:33:16.90</b>	+00:09:51 (31.6%)	6:14	9.6 (68.6%)
129	<b>WILK Anna</b>	<b>1121</b>		K1 16-29	4	00:13:08	<b>00:31:13.50</b>	<b>00:44:21.65</b>	+00:09:51 (31.6%)	6:14	9.6 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	<b>CZYŻEWSKI Mateusz</b>	<b>857</b>	WKURW_TEAM	M2 30-39	53	00:05:51	<b>00:31:16.50</b>	<b>00:37:07.80</b>	+00:09:54 (31.7%)	6:15	9.6 (68.6%)
131	<b>KRACZOWSKI Mirosław</b>	<b>1052</b>		M3 40-49	33	00:03:18	<b>00:31:17.50</b>	<b>00:34:36.10</b>	+00:09:55 (31.7%)	6:15	9.6 (68.6%)
132	<b>NĘDZUSIAK Dariusz</b>	<b>690</b>	DBN SUKURS	M4 50-59	8	00:15:25	<b>00:31:22.90</b>	<b>00:46:48.00</b>	+00:10:01 (31.9%)	6:16	9.6 (68.6%)
133	<b>CZYŻEWSKA Mirosława</b>	<b>856</b>	WKURW_TEAM	K2 30-39	9	00:05:48	<b>00:31:23.00</b>	<b>00:37:11.15</b>	+00:10:01 (31.9%)	6:16	9.6 (68.6%)
134	<b>KRZESIŃSKI Damian</b>	<b>815</b>		M2 30-39	54	00:05:17	<b>00:31:27.45</b>	<b>00:36:45.10</b>	+00:10:05 (32.1%)	6:17	9.5 (67.9%)
135	<b>PATZKE Ingo</b>	<b>738</b>	BRAUNSCHWEIG HAS HOUSE HARRIERS	M4 50-59	9	00:07:28	<b>00:31:27.95</b>	<b>00:38:56.15</b>	+00:10:06 (32.1%)	6:17	9.5 (67.9%)
136	<b>GĄGOL Marek</b>	<b>996</b>	ZAMENA	M2 30-39	55	00:58:57	<b>00:31:32.20</b>	<b>01:30:29.20</b>	+00:10:10 (32.3%)	6:18	9.5 (67.9%)
137	<b>FUDRO Edward</b>	<b>721</b>		M5 60+	2	01:06:38	<b>00:31:37.30</b>	<b>01:38:15.45</b>	+00:10:15 (32.4%)	6:19	9.5 (67.9%)
138	<b>PORAZIŃSKI Przemysław</b>	<b>806</b>		M1 16-29	24	00:02:41	<b>00:31:41.85</b>	<b>00:34:22.95</b>	+00:10:20 (32.6%)	6:20	9.5 (67.9%)
139	<b>ROJEWSKI Mateusz</b>	<b>855</b>		M2 30-39	56	00:15:21	<b>00:31:42.20</b>	<b>00:47:03.30</b>	+00:10:20 (32.6%)	6:20	9.5 (67.9%)
140	<b>BILIŃSKI Zbigniew</b>	<b>911</b>	12BZ	M4 50-59	10	00:02:49	<b>00:31:44.60</b>	<b>00:34:34.05</b>	+00:10:22 (32.7%)	6:21	9.4 (67.1%)
141	<b>GONTEK Łukasz</b>	<b>875</b>	ŁOSOŚ TEAM	M2 30-39	57	00:11:32	<b>00:31:44.90</b>	<b>00:43:17.70</b>	+00:10:23 (32.7%)	6:21	9.4 (67.1%)
142	<b>ROSZAK Zbigniew</b>	<b>647</b>	WATAHA ŁĄCZY NAS BIEGANIE	M2 30-39	58	00:12:05	<b>00:31:45.35</b>	<b>00:43:50.85</b>	+00:10:23 (32.7%)	6:21	9.4 (67.1%)
143	<b>MEUSIAK Rafał</b>	<b>720</b>		M2 30-39	59	01:05:40	<b>00:31:48.35</b>	<b>01:37:29.20</b>	+00:10:26 (32.8%)	6:21	9.4 (67.1%)
144	<b>SYCHEL Magdalena</b>	<b>719</b>		K3 40-49	3	00:03:39	<b>00:31:53.65</b>	<b>00:35:33.40</b>	+00:10:31 (33.0%)	6:22	9.4 (67.1%)
145	<b>KRUSZYNA Renata</b>	<b>760</b>		K2 30-39	10	00:11:54	<b>00:31:57.40</b>	<b>00:43:51.60</b>	+00:10:35 (33.2%)	6:23	9.4 (67.1%)
146	<b>NIEWCZAS Tomasz</b>	<b>937</b>	DZIKA SIGMA	M3 40-49	34	00:04:52	<b>00:32:00.20</b>	<b>00:36:52.85</b>	+00:10:38 (33.2%)	6:24	9.4 (67.1%)
147	<b>WÓJCIK Tomasz</b>	<b>758</b>		M2 30-39	60	01:06:47	<b>00:32:00.85</b>	<b>01:38:48.00</b>	+00:10:39 (33.3%)	6:24	9.4 (67.1%)
148	<b>MÜLLER Kathrin</b>	<b>757</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	K4 50-59	1	00:06:48	<b>00:32:05.00</b>	<b>00:38:53.70</b>	+00:10:43 (33.4%)	6:25	9.4 (67.1%)
149	<b>KUCHARCZYK Robert</b>	<b>764</b>	RANGRYF	M4 50-59	11	00:46:24	<b>00:32:05.65</b>	<b>01:18:30.50</b>	+00:10:43 (33.4%)	6:25	9.3 (66.4%)
150	<b>TOMASZEWSKI Łukasz</b>	<b>1038</b>		M2 30-39	61	00:07:36	<b>00:32:09.55</b>	<b>00:39:45.55</b>	+00:10:47 (33.6%)	6:25	9.3 (66.4%)
151	<b>KRZEMIEŃ Patrycja</b>	<b>627</b>		K2 30-39	11	00:29:49	<b>00:32:14.50</b>	<b>01:02:03.65</b>	+00:10:52 (33.7%)	6:26	9.3 (66.4%)
152	<b>KAMIONKA Andrzej</b>	<b>724</b>	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	62	00:03:28	<b>00:32:16.90</b>	<b>00:35:45.20</b>	+00:10:55 (33.8%)	6:27	9.3 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
153	<b>ŚWIĄTEK Bronisław</b>	<b>624</b>	TUP TUP RAZEM	M5 60+	3	01:37:39	<b>00:32:19.20</b>	<b>02:09:59.05</b>	+00:10:57 (33.9%)	6:28	9.3 (66.4%)
154	<b>ZIÓŁKOWSKI Mieczysław</b>	<b>792</b>		M4 50-59	12	00:11:57	<b>00:32:23.75</b>	<b>00:44:20.90</b>	+00:11:02 (34.1%)	6:28	9.3 (66.4%)
155	<b>RADCZUK Mariusz</b>	<b>1075</b>	KOMPAS TEAM	M3 40-49	35	00:03:23	<b>00:32:24.35</b>	<b>00:35:47.95</b>	+00:11:02 (34.1%)	6:28	9.3 (66.4%)
156	<b>SZULC Marcin</b>	<b>817</b>		M2 30-39	63	00:03:57	<b>00:32:26.40</b>	<b>00:36:23.60</b>	+00:11:04 (34.1%)	6:29	9.2 (65.7%)
157	<b>RADCZUK Karolina</b>	<b>1056</b>	KOMPAS TEAM	K2 30-39	12	00:03:21	<b>00:32:26.85</b>	<b>00:35:47.85</b>	+00:11:05 (34.2%)	6:29	9.2 (65.7%)
158	<b>GERLICH Michael</b>	<b>759</b>	BRAUNSCHWEIG HASH HOUSE	M4 50-59	13	00:06:25	<b>00:32:28.30</b>	<b>00:38:54.25</b>	+00:11:06 (34.2%)	6:29	9.2 (65.7%)
159	<b>PŁUCIENNIK Andrzej</b>	<b>847</b>		M1 16-29	25	00:09:03	<b>00:32:31.55</b>	<b>00:41:35.35</b>	+00:11:09 (34.3%)	6:30	9.2 (65.7%)
160	<b>POSZUMSKA Gabriela</b>	<b>903</b>		K1 16-29	5	00:17:17	<b>00:32:33.25</b>	<b>00:49:50.85</b>	+00:11:11 (34.4%)	6:30	9.2 (65.7%)
161	<b>LÜLLMANN Jörg</b>	<b>739</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	14	00:06:20	<b>00:32:36.65</b>	<b>00:38:57.15</b>	+00:11:14 (34.5%)	6:31	9.2 (65.7%)
162	<b>KAPŁANIAK Adrian</b>	<b>986</b>	BBL POLICE	M2 30-39	64	00:09:34	<b>00:32:41.45</b>	<b>00:42:16.35</b>	+00:11:19 (34.7%)	6:32	9.2 (65.7%)
163	<b>KUSTRA Paulina</b>	<b>843</b>	BBL POLICE	K2 30-39	13	00:09:33	<b>00:32:44.30</b>	<b>00:42:17.50</b>	+00:11:22 (34.7%)	6:32	9.2 (65.7%)
164	<b>BOCK Udo</b>	<b>729</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	36	00:06:18	<b>00:32:44.50</b>	<b>00:39:02.65</b>	+00:11:22 (34.8%)	6:32	9.2 (65.7%)
165	<b>KIWILSKA Wojciech</b>	<b>583</b>	IHUHU TEAM	M2 30-39	65	00:11:01	<b>00:32:46.85</b>	<b>00:43:48.60</b>	+00:11:25 (34.8%)	6:33	9.2 (65.7%)
166	<b>SOBAŃSKA Karolina</b>	<b>916</b>	SKB DZIK	K2 30-39	14	00:01:23	<b>00:32:48.60</b>	<b>00:34:12.15</b>	+00:11:26 (34.9%)	6:33	9.1 (65.0%)
167	<b>DOMAGALSKI Sławomir</b>	<b>919</b>	SKB DZIK	M3 40-49	37	00:03:14	<b>00:32:49.60</b>	<b>00:36:03.60</b>	+00:11:27 (34.9%)	6:33	9.1 (65.0%)
168	<b>TUZ Bartosz</b>	<b>882</b>	TEAM SPIRIT NOWA SÓL	M2 30-39	66	00:09:06	<b>00:32:51.65</b>	<b>00:41:57.85</b>	+00:11:29 (35.0%)	6:34	9.1 (65.0%)
169	<b>WANTUCH Marzena</b>	<b>917</b>	DZIKI WEEKEND	K2 30-39	15	00:01:21	<b>00:32:51.70</b>	<b>00:34:12.70</b>	+00:11:29 (35.0%)	6:34	9.1 (65.0%)
170	<b>BUBEŁA Tomasz</b>	<b>1073</b>		M3 40-49	38	00:38:34	<b>00:32:54.00</b>	<b>01:11:28.75</b>	+00:11:32 (35.1%)	6:34	9.1 (65.0%)
171	<b>MICHALIK Tadeusz</b>	<b>918</b>	SBKDZIK	M1 16-29	26	00:01:08	<b>00:33:02.20</b>	<b>00:34:10.75</b>	+00:11:40 (35.3%)	6:36	9.1 (65.0%)
172	<b>ROSIŃSKA Kamila</b>	<b>948</b>	BRIDGESTONE STARGARD RUNNERS	K2 30-39	16	00:02:17	<b>00:33:07.20</b>	<b>00:35:24.40</b>	+00:11:45 (35.5%)	6:37	9.1 (65.0%)
173	<b>SZYDŁOWSKA Alina</b>	<b>1077</b>		K2 30-39	17	00:05:12	<b>00:33:10.15</b>	<b>00:38:23.00</b>	+00:11:48 (35.6%)	6:38	9 (64.3%)
174	<b>ZIELIŃSKA-MACIĄG Agnieszka</b>	<b>1076</b>		K3 40-49	4	00:05:10	<b>00:33:11.45</b>	<b>00:38:21.55</b>	+00:11:49 (35.6%)	6:38	9 (64.3%)
175	<b>MICHALIK Monika</b>	<b>1255</b>		K3 40-49	5	00:00:59	<b>00:33:12.70</b>	<b>00:34:12.15</b>	+00:11:50 (35.7%)	6:38	9 (64.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
176	<b>SZKUTNIK Arkadiusz</b>	<b>974</b>	MON	M4 50-59	15	00:03:08	<b>00:33:12.80</b>	<b>00:36:21.70</b>	+00:11:51 (35.7%)	6:38	9 (64.3%)
177	<b>GANCKE Grzegorz</b>	<b>1005</b>		M3 40-49	39	00:50:25	<b>00:33:14.65</b>	<b>01:23:39.70</b>	+00:11:52 (35.7%)	6:38	9 (64.3%)
178	<b>PAWŁOWSKI Karol</b>	<b>938</b>	DZIKA SIGMA	M3 40-49	40	00:04:40	<b>00:33:15.85</b>	<b>00:37:56.05</b>	+00:11:54 (35.8%)	6:39	9 (64.3%)
179	<b>LIASHENKO Lillia</b>	<b>752</b>	TRIGYM	K1 16-29	6	00:05:05	<b>00:33:19.85</b>	<b>00:38:25.40</b>	+00:11:58 (35.9%)	6:40	9 (64.3%)
180	<b>BIENIAS Emilia</b>	<b>947</b>	RAGNAROK SZCZECIN	K1 16-29	7	00:50:18	<b>00:33:20.05</b>	<b>01:23:38.65</b>	+00:11:58 (35.9%)	6:40	9 (64.3%)
181	<b>MURYN Dawid</b>	<b>951</b>		M1 16-29	27	00:50:21	<b>00:33:20.85</b>	<b>01:23:42.15</b>	+00:11:59 (35.9%)	6:40	9 (64.3%)
182	<b>HNAT Rafał</b>	<b>616</b>	DECATHLON PIŁA	M3 40-49	41	00:08:12	<b>00:33:25.60</b>	<b>00:41:37.70</b>	+00:12:03 (36.1%)	6:41	9 (64.3%)
183	<b>SYLDATK Patryk</b>	<b>1002</b>		M1 16-29	28	00:07:41	<b>00:33:37.95</b>	<b>00:41:19.40</b>	+00:12:16 (36.5%)	6:43	8.9 (63.6%)
184	<b>RAKOWSKI Piotr</b>	<b>860</b>		M4 50-59	16	00:13:11	<b>00:33:39.35</b>	<b>00:46:50.75</b>	+00:12:17 (36.5%)	6:43	8.9 (63.6%)
185	<b>WIECZOREK Jakub</b>	<b>651</b>		M1 16-29	29	00:06:04	<b>00:33:39.65</b>	<b>00:39:44.05</b>	+00:12:17 (36.5%)	6:44	8.9 (63.6%)
186	<b>BRZESKA Ewa</b>	<b>998</b>	HELL'S HEAVEN SZCZECIN	K1 16-29	8	00:07:21	<b>00:33:45.75</b>	<b>00:41:07.55</b>	+00:12:24 (36.7%)	6:45	8.9 (63.6%)
187	<b>LEWANDOWSKA Anna</b>	<b>747</b>		K3 40-49	6	00:07:19	<b>00:33:48.55</b>	<b>00:41:08.00</b>	+00:12:26 (36.8%)	6:45	8.9 (63.6%)
188	<b>ODRZYWOLSKI Michał</b>	<b>714</b>	OŻW SZCZECIN	M2 30-39	67	00:25:54	<b>00:33:49.20</b>	<b>00:59:43.90</b>	+00:12:27 (36.8%)	6:45	8.9 (63.6%)
189	<b>TROJANOWSKA-BARAN Aleksandra</b>	<b>715</b>		K1 16-29	9	00:25:52	<b>00:33:51.25</b>	<b>00:59:43.95</b>	+00:12:29 (36.9%)	6:46	8.9 (63.6%)
190	<b>ŁEBKOWSKI Karol</b>	<b>689</b>		M3 40-49	42	00:10:48	<b>00:33:51.55</b>	<b>00:44:40.05</b>	+00:12:29 (36.9%)	6:46	8.9 (63.6%)
191	<b>ZEMANKIEWICZ Łukasz</b>	<b>825</b>	KANAŁ 6 AM	M2 30-39	68	00:13:29	<b>00:33:52.35</b>	<b>00:47:22.10</b>	+00:12:30 (36.9%)	6:46	8.9 (63.6%)
192	<b>KOTWICKA Ela</b>	<b>930</b>		K2 30-39	18	00:11:14	<b>00:33:52.60</b>	<b>00:45:06.90</b>	+00:12:30 (36.9%)	6:46	8.9 (63.6%)
193	<b>PAWLUŚ Tomasz</b>	<b>589</b>	SSPS CHEMIK POLICE	M3 40-49	43	00:02:26	<b>00:33:53.15</b>	<b>00:36:20.05</b>	+00:12:31 (37.0%)	6:46	8.8 (62.9%)
194	<b>ORYL Mariusz</b>	<b>722</b>	OŻW SZCZECIN	M2 30-39	69	00:25:49	<b>00:33:54.00</b>	<b>00:59:43.65</b>	+00:12:32 (37.0%)	6:46	8.8 (62.9%)
195	<b>KOMSTA Beata</b>	<b>669</b>	PAN WĄSKI I JEGO MAFIA	K3 40-49	7	00:02:36	<b>00:33:55.15</b>	<b>00:36:31.55</b>	+00:12:33 (37.0%)	6:47	8.8 (62.9%)
196	<b>MĄDRAWSKI Tomasz</b>	<b>680</b>		M3 40-49	44	00:19:20	<b>00:33:59.95</b>	<b>00:53:20.10</b>	+00:12:38 (37.2%)	6:48	8.8 (62.9%)
197	<b>ZAKRZEWSKA Sylwia</b>	<b>700</b>	FSD RUN DREZDENKO	K2 30-39	19	00:04:05	<b>00:34:00.00</b>	<b>00:38:05.90</b>	+00:12:38 (37.2%)	6:48	8.8 (62.9%)
198	<b>NIEWADZIK Ula</b>	<b>932</b>		K3 40-49	8	00:11:16	<b>00:34:01.85</b>	<b>00:45:18.45</b>	+00:12:40 (37.2%)	6:48	8.8 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
199	<b>KWILIŃSKI Emil</b>	<b>993</b>		M3 40-49	45	00:03:11	<b>00:34:04.00</b>	<b>00:37:15.65</b>	+00:12:42 (37.3%)	6:48	8.8 (62.9%)
200	<b>KRÜGER Swen</b>	<b>736</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	M1 16-29	30	00:06:28	<b>00:34:07.30</b>	<b>00:40:36.10</b>	+00:12:45 (37.4%)	6:49	8.8 (62.9%)
201	<b>KNIOŁA Agnieszka</b>	<b>606</b>	PIŁA TEAM	K2 30-39	20	00:01:37	<b>00:34:07.60</b>	<b>00:35:44.90</b>	+00:12:45 (37.4%)	6:49	8.8 (62.9%)
202	<b>LISOWSKI Krzysztof</b>	<b>895</b>	TKKF CHOCIWEL	M2 30-39	70	00:12:38	<b>00:34:15.00</b>	<b>00:46:53.50</b>	+00:12:53 (37.6%)	6:51	8.8 (62.9%)
203	<b>BEDNAREK Natalia</b>	<b>963</b>	DECATHLON PIŁA	K1 16-29	10	00:08:01	<b>00:34:17.00</b>	<b>00:42:18.05</b>	+00:12:55 (37.7%)	6:51	8.8 (62.9%)
204	<b>TRUKAWKA Andrzej</b>	<b>750</b>	DZIKI ZAKWAS	M2 30-39	71	01:01:35	<b>00:34:17.20</b>	<b>01:35:52.20</b>	+00:12:55 (37.7%)	6:51	8.8 (62.9%)
205	<b>TUMANOWICZ Tomasz</b>	<b>834</b>		M3 40-49	46	00:12:16	<b>00:34:18.35</b>	<b>00:46:34.55</b>	+00:12:56 (37.7%)	6:51	8.7 (62.1%)
206	<b>ZDUNEK Piotr</b>	<b>1000</b>		M2 30-39	72	01:01:38	<b>00:34:18.70</b>	<b>01:35:57.20</b>	+00:12:56 (37.7%)	6:51	8.7 (62.1%)
207	<b>KRUPIEŃCZYK Joanna</b>	<b>587</b>		K2 30-39	21	00:43:45	<b>00:34:20.30</b>	<b>01:18:06.10</b>	+00:12:58 (37.8%)	6:52	8.7 (62.1%)
208	<b>PODOLAK Julia</b>	<b>908</b>		K1 16-29	11	00:05:40	<b>00:34:26.45</b>	<b>00:40:06.95</b>	+00:13:04 (38.0%)	6:53	8.7 (62.1%)
209	<b>SZMYT Marcin</b>	<b>810</b>	SZWAGRY BIEGAJĄ	M2 30-39	73	00:02:19	<b>00:34:27.80</b>	<b>00:36:47.60</b>	+00:13:06 (38.0%)	6:53	8.7 (62.1%)
210	<b>LEWANDOWSKA Malgorzata</b>	<b>727</b>	TG'SOKÓŁ GNIEWKOWO	K4 50-59	2	00:11:50	<b>00:34:28.50</b>	<b>00:46:18.95</b>	+00:13:06 (38.0%)	6:53	8.7 (62.1%)
211	<b>KACPRZAK Beata</b>	<b>1091</b>		K2 30-39	22	00:08:48	<b>00:34:29.70</b>	<b>00:43:18.45</b>	+00:13:07 (38.1%)	6:54	8.7 (62.1%)
212	<b>KRZESIŃSKA Katarzyna</b>	<b>814</b>	BOHAR PALETY RUNNERS	K2 30-39	23	00:05:15	<b>00:34:31.70</b>	<b>00:39:46.70</b>	+00:13:09 (38.1%)	6:54	8.7 (62.1%)
213	<b>PIETNICKA Marta</b>	<b>1043</b>		K2 30-39	24	00:07:17	<b>00:34:35.95</b>	<b>00:41:52.95</b>	+00:13:14 (38.3%)	6:55	8.7 (62.1%)
214	<b>KRUPIEŃCZYK Michał</b>	<b>667</b>		M2 30-39	74	00:43:38	<b>00:34:36.15</b>	<b>01:18:15.05</b>	+00:13:14 (38.3%)	6:55	8.7 (62.1%)
215	<b>BOBROWSKI Emanuel</b>	<b>1146</b>		M1 16-29	31	00:19:07	<b>00:34:37.65</b>	<b>00:53:45.05</b>	+00:13:15 (38.3%)	6:55	8.7 (62.1%)
216	<b>SUCHODOLSKA Aleksandra</b>	<b>638</b>	DZIKIE ŻÓŁWIE	K2 30-39	25	00:11:41	<b>00:34:38.60</b>	<b>00:46:20.50</b>	+00:13:16 (38.3%)	6:55	8.7 (62.1%)
217	<b>ŚWIETLIK Alicja</b>	<b>716</b>		K4 50-59	3	00:09:50	<b>00:34:39.75</b>	<b>00:44:29.80</b>	+00:13:18 (38.4%)	6:55	8.7 (62.1%)
218	<b>DORAWA-ZIOMEK Anna</b>	<b>622</b>	DZIKIE ŻÓŁWIE	K2 30-39	26	00:11:39	<b>00:34:39.85</b>	<b>00:46:19.25</b>	+00:13:18 (38.4%)	6:56	8.7 (62.1%)
219	<b>ZAKOŚCIELNA Katarzyna</b>	<b>626</b>	DZIKIE ŻÓŁWIE	K2 30-39	27	00:11:36	<b>00:34:45.30</b>	<b>00:46:21.90</b>	+00:13:23 (38.5%)	6:57	8.6 (61.4%)
220	<b>ŁEMPKOWSKI Janusz</b>	<b>982</b>	DLL PARTNERS	M3 40-49	47	00:28:31	<b>00:34:47.30</b>	<b>01:03:18.70</b>	+00:13:25 (38.6%)	6:57	8.6 (61.4%)
221	<b>ŚWIERCZ Dariusz</b>	<b>605</b>	KPPSP WAŁCZ	M4 50-59	17	00:08:08	<b>00:34:50.30</b>	<b>00:42:58.40</b>	+00:13:28 (38.7%)	6:58	8.6 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
222	<b>GADOWSKI Wojciech</b>	<b>753</b>	NIE PROWOKUJ LOCHY MIERZYN	M2 30-39	75	00:07:48	<b>00:34:52.50</b>	<b>00:42:40.70</b>	+00:13:30 (38.7%)	6:58	8.6 (61.4%)
223	<b>ŻYLUK-GADOWSKA Paulina</b>	<b>754</b>	NIE PROWOKUJ LOCHY MIERZYN	K2 30-39	28	00:07:44	<b>00:34:55.75</b>	<b>00:42:40.35</b>	+00:13:34 (38.8%)	6:59	8.6 (61.4%)
224	<b>ŻARCZYŃSKI Błażej</b>	<b>1102</b>	BIEGAM U KOLESI	M2 30-39	76	00:07:06	<b>00:34:55.80</b>	<b>00:42:02.75</b>	+00:13:34 (38.8%)	6:59	8.6 (61.4%)
225	<b>TOMCZAK Joanna</b>	<b>897</b>	DIRTY SPARROWS	K2 30-39	29	00:10:37	<b>00:34:56.20</b>	<b>00:45:33.70</b>	+00:13:34 (38.9%)	6:59	8.6 (61.4%)
226	<b>SERKOWSKA Paulina</b>	<b>1101</b>		K1 16-29	12	00:07:03	<b>00:34:59.15</b>	<b>00:42:02.75</b>	+00:13:37 (38.9%)	6:59	8.6 (61.4%)
227	<b>ZARZECZAŃSKA-JANASIK Blanka</b>	<b>613</b>		K2 30-39	30	00:01:18	<b>00:35:05.95</b>	<b>00:36:24.30</b>	+00:13:44 (39.1%)	7:01	8.5 (60.7%)
228	<b>MISIASZEK Mirosław</b>	<b>1036</b>		M4 50-59	18	00:06:08	<b>00:35:16.25</b>	<b>00:41:24.95</b>	+00:13:54 (39.4%)	7:03	8.5 (60.7%)
229	<b>NOWAK Marta</b>	<b>1064</b>		K2 30-39	31	00:07:33	<b>00:35:20.40</b>	<b>00:42:53.80</b>	+00:13:58 (39.6%)	7:04	8.5 (60.7%)
230	<b>HINDZIUK Artsiom</b>	<b>936</b>	DZIKA SIGMA	M2 30-39	77	00:04:46	<b>00:35:23.10</b>	<b>00:40:09.35</b>	+00:14:01 (39.6%)	7:04	8.5 (60.7%)
231	<b>SALAUYOU Raman</b>	<b>939</b>	DZIKA SIGMA	M1 16-29	32	00:04:43	<b>00:35:24.70</b>	<b>00:40:08.40</b>	+00:14:02 (39.7%)	7:05	8.5 (60.7%)
232	<b>CHUDZIŃSKI Bartosz</b>	<b>718</b>	OŻW W SZCZECINIE	M3 40-49	48	00:14:54	<b>00:35:29.40</b>	<b>00:50:24.35</b>	+00:14:07 (39.8%)	7:06	8.5 (60.7%)
233	<b>BIEGANSKI Tomasz</b>	<b>876</b>		M2 30-39	78	00:03:00	<b>00:35:35.30</b>	<b>00:38:35.30</b>	+00:14:13 (40.0%)	7:07	8.4 (60.0%)
234	<b>CARŁO Marcin</b>	<b>801</b>	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49	49	00:03:49	<b>00:35:39.75</b>	<b>00:39:29.15</b>	+00:14:18 (40.1%)	7:08	8.4 (60.0%)
235	<b>BOBROWSKI Daniel</b>	<b>1144</b>		M1 16-29	33	00:02:51	<b>00:35:41.80</b>	<b>00:38:33.50</b>	+00:14:20 (40.2%)	7:08	8.4 (60.0%)
236	<b>SAKOWSKA-CARŁO Magda</b>	<b>802</b>	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	32	00:03:46	<b>00:35:42.00</b>	<b>00:39:28.95</b>	+00:14:20 (40.2%)	7:08	8.4 (60.0%)
237	<b>REBELKA Małgorzata</b>	<b>869</b>		K1 16-29	13	00:10:55	<b>00:35:42.85</b>	<b>00:46:38.05</b>	+00:14:21 (40.2%)	7:08	8.4 (60.0%)
238	<b>ORLON Barbara</b>	<b>699</b>	FSD RUN DREZDENKO	K4 50-59	4	00:04:02	<b>00:35:45.50</b>	<b>00:39:48.05</b>	+00:14:23 (40.3%)	7:09	8.4 (60.0%)
239	<b>ARCZYŃSKI Jakub</b>	<b>808</b>		M2 30-39	79	00:16:13	<b>00:35:45.70</b>	<b>00:51:59.50</b>	+00:14:23 (40.3%)	7:09	8.4 (60.0%)
240	<b>STOCK Heiko</b>	<b>743</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	50	00:06:46	<b>00:35:52.30</b>	<b>00:42:38.50</b>	+00:14:30 (40.4%)	7:10	8.4 (60.0%)
241	<b>PADUCH Piotr</b>	<b>905</b>		M2 30-39	80	00:07:56	<b>00:35:57.75</b>	<b>00:43:53.90</b>	+00:14:36 (40.6%)	7:11	8.3 (59.3%)
242	<b>GRODZIŃSKI Arkadiusz</b>	<b>640</b>	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M3 40-49	51	00:03:54	<b>00:36:01.05</b>	<b>00:39:55.70</b>	+00:14:39 (40.7%)	7:12	8.3 (59.3%)
243	<b>WIECZOREK Magdalena</b>	<b>656</b>		K3 40-49	9	00:06:02	<b>00:36:01.85</b>	<b>00:42:04.25</b>	+00:14:40 (40.7%)	7:12	8.3 (59.3%)
244	<b>KAROL Sławomir</b>	<b>793</b>	LOSZKI I WARCHLAKI	M4 50-59	19	00:09:24	<b>00:36:02.20</b>	<b>00:45:26.50</b>	+00:14:40 (40.7%)	7:12	8.3 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
245	<b>MURAWSKI Rafał</b>	<b>921</b>	ŁOSOŚ TEAM	M3 40-49	52	00:11:34	<b>00:36:07.65</b>	<b>00:47:42.40</b>	+00:14:45 (40.9%)	7:13	8.3 (59.3%)
246	<b>LOBA Zuzanna</b>	<b>873</b>	DZIK	K1 16-29	14	00:19:09	<b>00:36:07.90</b>	<b>00:55:17.65</b>	+00:14:46 (40.9%)	7:13	8.3 (59.3%)
247	<b>TRZECIAK Piotr</b>	<b>807</b>		M2 30-39	81	00:16:16	<b>00:36:10.35</b>	<b>00:52:26.80</b>	+00:14:48 (40.9%)	7:14	8.3 (59.3%)
248	<b>PUPEK Małgorzata</b>	<b>687</b>	WILKI Z CIECHOCINKA	K2 30-39	33	00:10:43	<b>00:36:15.60</b>	<b>00:46:58.90</b>	+00:14:53 (41.1%)	7:15	8.3 (59.3%)
249	<b>SZYSZKO Artur</b>	<b>1140</b>	DLL PARTNERS	M3 40-49	53	00:30:47	<b>00:36:19.10</b>	<b>01:07:06.95</b>	+00:14:57 (41.2%)	7:15	8.3 (59.3%)
250	<b>PETRUSIEWICZ Paweł</b>	<b>797</b>		M1 16-29	34	00:04:55	<b>00:36:19.90</b>	<b>00:41:15.05</b>	+00:14:58 (41.2%)	7:16	8.3 (59.3%)
251	<b>ULASS Patrycja</b>	<b>786</b>		K1 16-29	15	00:51:20	<b>00:36:22.75</b>	<b>01:27:43.20</b>	+00:15:01 (41.3%)	7:16	8.2 (58.6%)
252	<b>LEŚNIEWSKI Wojciech</b>	<b>1136</b>	DLL PARTNERS	M3 40-49	54	00:30:43	<b>00:36:23.95</b>	<b>01:07:07.35</b>	+00:15:02 (41.3%)	7:16	8.2 (58.6%)
253	<b>KOWALKOWSKA Beata</b>	<b>913</b>		K2 30-39	34	00:44:07	<b>00:36:25.90</b>	<b>01:20:33.70</b>	+00:15:04 (41.4%)	7:17	8.2 (58.6%)
254	<b>DĄBROWSKA Paulina</b>	<b>744</b>		K1 16-29	16	00:38:17	<b>00:36:28.10</b>	<b>01:14:45.25</b>	+00:15:06 (41.4%)	7:17	8.2 (58.6%)
255	<b>MURAWSKA Wioletta</b>	<b>1061</b>	SKB DZIK	K4 50-59	5	00:01:48	<b>00:36:29.10</b>	<b>00:38:17.30</b>	+00:15:07 (41.4%)	7:17	8.2 (58.6%)
256	<b>KRAWCZYK Paweł</b>	<b>649</b>	OPONKI TEAM	M1 16-29	35	00:05:04	<b>00:36:30.95</b>	<b>00:41:35.05</b>	+00:15:09 (41.5%)	7:18	8.2 (58.6%)
257	<b>GERLICH Klaus</b>	<b>734</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	20	00:06:05	<b>00:36:32.70</b>	<b>00:42:38.20</b>	+00:15:10 (41.5%)	7:18	8.2 (58.6%)
258	<b>MARSCZAŁKOWSKA Dorota</b>	<b>1081</b>	KM PSP KOSZALIN	K4 50-59	6	00:05:08	<b>00:36:34.25</b>	<b>00:41:42.25</b>	+00:15:12 (41.6%)	7:18	8.2 (58.6%)
259	<b>LEONOWICZ Martyna</b>	<b>1050</b>	OPONKI TEAM	K1 16-29	17	00:05:00	<b>00:36:35.30</b>	<b>00:41:35.65</b>	+00:15:13 (41.6%)	7:19	8.2 (58.6%)
260	<b>SCHMIDT Thomas</b>	<b>756</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	M2 30-39	82	00:06:51	<b>00:36:37.65</b>	<b>00:43:29.10</b>	+00:15:15 (41.7%)	7:19	8.2 (58.6%)
261	<b>PATZKE Petra</b>	<b>737</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	K4 50-59	7	00:07:26	<b>00:36:37.80</b>	<b>00:44:04.40</b>	+00:15:16 (41.7%)	7:19	8.2 (58.6%)
262	<b>SZAKOLA Paweł</b>	<b>862</b>		M2 30-39	83	00:38:45	<b>00:36:40.85</b>	<b>01:15:26.55</b>	+00:15:19 (41.8%)	7:20	8.2 (58.6%)
263	<b>GEILICH Katja</b>	<b>733</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	K2 30-39	35	00:06:44	<b>00:36:42.20</b>	<b>00:43:26.50</b>	+00:15:20 (41.8%)	7:20	8.2 (58.6%)
264	<b>SITEK Alfred</b>	<b>789</b>		M3 40-49	55	00:50:59	<b>00:36:43.40</b>	<b>01:27:43.25</b>	+00:15:21 (41.8%)	7:20	8.2 (58.6%)
265	<b>PIOTROWSKA Małgorzata</b>	<b>848</b>		K1 16-29	18	00:08:58	<b>00:36:49.85</b>	<b>00:45:48.50</b>	+00:15:28 (42.0%)	7:22	8.1 (57.9%)
266	<b>SYCH Zbigniew</b>	<b>839</b>	KB KAMIEŃ POMORSKI	M3 40-49	56	00:14:42	<b>00:36:53.85</b>	<b>00:51:36.35</b>	+00:15:32 (42.1%)	7:22	8.1 (57.9%)
267	<b>POST Marcin</b>	<b>864</b>		M2 30-39	84	00:38:39	<b>00:36:54.35</b>	<b>01:15:34.05</b>	+00:15:32 (42.1%)	7:23	8.1 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
268	<b>SYCH Małgorzata</b>	<b>838</b>	KB KAMIEŃ POMORSKI	K3 40-49	10	00:14:40	<b>00:36:56.00</b>	<b>00:51:36.15</b>	+00:15:34 (42.2%)	7:23	8.1 (57.9%)
268	<b>SUSZA Małgorzata</b>	<b>643</b>		K3 40-49	10	00:12:42	<b>00:36:56.00</b>	<b>00:49:38.35</b>	+00:15:34 (42.2%)	7:23	8.1 (57.9%)
270	<b>ZYGIEL- SZAKOŁA Aneta</b>	<b>863</b>		K2 30-39	36	00:38:37	<b>00:36:56.05</b>	<b>01:15:33.50</b>	+00:15:34 (42.2%)	7:23	8.1 (57.9%)
271	<b>WOJTKOWIAK Rafał</b>	<b>999</b>		M3 40-49	57	00:36:35	<b>00:36:58.30</b>	<b>01:13:33.30</b>	+00:15:36 (42.2%)	7:23	8.1 (57.9%)
272	<b>ŁEMPKOWSKA Beata</b>	<b>980</b>	DLL PARTNERS	K3 40-49	12	00:28:28	<b>00:37:00.65</b>	<b>01:05:29.05</b>	+00:15:38 (42.3%)	7:24	8.1 (57.9%)
273	<b>JEZIOREK Agnieszka</b>	<b>774</b>		K3 40-49	13	00:16:06	<b>00:37:05.60</b>	<b>00:53:11.85</b>	+00:15:43 (42.4%)	7:25	8.1 (57.9%)
274	<b>WIŚNIEWSKA Marta</b>	<b>585</b>	IHUHU TEAM	K1 16-29	19	00:11:11	<b>00:37:09.80</b>	<b>00:48:21.35</b>	+00:15:48 (42.5%)	7:26	8.1 (57.9%)
275	<b>PRABUCKA Weronika</b>	<b>1129</b>	UKL OSEMKA POLICE	K1 16-29	20	00:25:45	<b>00:37:11.40</b>	<b>01:02:56.55</b>	+00:15:49 (42.6%)	7:26	8.1 (57.9%)
276	<b>MLECZEK Roman</b>	<b>775</b>		M3 40-49	58	00:16:03	<b>00:37:13.70</b>	<b>00:53:17.35</b>	+00:15:51 (42.6%)	7:26	8.1 (57.9%)
277	<b>BLAHAK David</b>	<b>958</b>	VO2 MAX TEAM	M1 16-29	36	01:17:06	<b>00:37:13.85</b>	<b>01:54:19.95</b>	+00:15:52 (42.6%)	7:26	8.1 (57.9%)
278	<b>POŹNIAK Aleksandra</b>	<b>769</b>	DZIKIE DZIECI GORZÓW	K2 30-39	37	00:09:38	<b>00:37:15.00</b>	<b>00:46:53.00</b>	+00:15:53 (42.7%)	7:27	8.1 (57.9%)
279	<b>KIERUJ Jakub</b>	<b>837</b>	IHUHU TEAM	M1 16-29	37	00:11:06	<b>00:37:15.30</b>	<b>00:48:21.65</b>	+00:15:53 (42.7%)	7:27	8.1 (57.9%)
280	<b>NASIADEK Arkadiusz</b>	<b>725</b>		M3 40-49	59	00:14:57	<b>00:37:18.10</b>	<b>00:52:15.70</b>	+00:15:56 (42.7%)	7:27	8 (57.1%)
281	<b>WALENT Marta</b>	<b>870</b>		K2 30-39	38	00:10:29	<b>00:37:34.75</b>	<b>00:48:04.25</b>	+00:16:13 (43.2%)	7:31	8 (57.1%)
282	<b>BOCHENEK Jadwiga</b>	<b>854</b>	AFRO-FIT WATAHA CROSSFIT	K2 30-39	39	00:09:08	<b>00:37:35.45</b>	<b>00:46:44.05</b>	+00:16:13 (43.2%)	7:31	8 (57.1%)
283	<b>GRALEWICZ Magdalena</b>	<b>599</b>		K3 40-49	14	00:05:25	<b>00:37:36.35</b>	<b>00:43:01.45</b>	+00:16:14 (43.2%)	7:31	8 (57.1%)
284	<b>CUPRYJAK Sebastian</b>	<b>1115</b>		M2 30-39	85	00:07:53	<b>00:37:48.60</b>	<b>00:45:41.70</b>	+00:16:26 (43.5%)	7:33	7.9 (56.4%)
285	<b>POST Mariola</b>	<b>865</b>		K3 40-49	15	00:38:42	<b>00:37:49.25</b>	<b>01:16:31.25</b>	+00:16:27 (43.5%)	7:33	7.9 (56.4%)
286	<b>WOJCIECHOWSKA Maja</b>	<b>1116</b>		K1 16-29	21	00:07:50	<b>00:37:50.65</b>	<b>00:45:41.05</b>	+00:16:28 (43.6%)	7:34	7.9 (56.4%)
287	<b>TUZ Gabriela</b>	<b>888</b>	TEAM SPIRIT NOWA SÓL	K2 30-39	40	00:08:44	<b>00:37:56.45</b>	<b>00:46:41.05</b>	+00:16:34 (43.7%)	7:35	7.9 (56.4%)
288	<b>NOWAK Zbigniew</b>	<b>926</b>	KB DZIK	M5 60+	4	00:45:33	<b>00:38:14.75</b>	<b>01:23:48.25</b>	+00:16:53 (44.1%)	7:39	7.8 (55.7%)
289	<b>MAJCHER Agata</b>	<b>596</b>	PIŁA TEAM	K1 16-29	22	00:02:00	<b>00:38:15.85</b>	<b>00:40:16.10</b>	+00:16:54 (44.2%)	7:39	7.8 (55.7%)
290	<b>MAŁECKI Sebastian</b>	<b>773</b>		M2 30-39	86	00:13:05	<b>00:38:20.35</b>	<b>00:51:26.05</b>	+00:16:58 (44.3%)	7:40	7.8 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
291	<b>JUSINSKA Anna</b>	<b>771</b>		K3 40-49	16	00:39:29	<b>00:38:22.85</b>	<b>01:17:52.45</b>	+00:17:01 (44.3%)	7:40	7.8 (55.7%)
292	<b>KUPNIEWSKA Aleksandra</b>	<b>620</b>	KOMPAS TEAM	K2 30-39	41	00:06:53	<b>00:38:23.05</b>	<b>00:45:16.90</b>	+00:17:01 (44.3%)	7:40	7.8 (55.7%)
293	<b>MAŁECKA Anna</b>	<b>772</b>		K3 40-49	17	00:13:02	<b>00:38:23.65</b>	<b>00:51:25.90</b>	+00:17:01 (44.4%)	7:40	7.8 (55.7%)
294	<b>CAŁKA Barbara</b>	<b>914</b>		K3 40-49	18	00:12:45	<b>00:38:24.10</b>	<b>00:51:10.00</b>	+00:17:02 (44.4%)	7:41	7.8 (55.7%)
295	<b>BACHORSKA Dorota</b>	<b>767</b>	FITOSKI TEAM	K3 40-49	19	00:39:26	<b>00:38:27.85</b>	<b>01:17:54.55</b>	+00:17:06 (44.5%)	7:41	7.8 (55.7%)
296	<b>WOŹNIAK Rafał</b>	<b>582</b>	IHUHU TEAM	M2 30-39	87	00:10:59	<b>00:38:29.80</b>	<b>00:49:29.10</b>	+00:17:08 (44.5%)	7:42	7.8 (55.7%)
297	<b>KORZENIAK Wojciech</b>	<b>800</b>		M1 16-29	38	00:39:13	<b>00:38:31.45</b>	<b>01:17:44.65</b>	+00:17:09 (44.5%)	7:42	7.8 (55.7%)
298	<b>KLIMEK Krzysztof</b>	<b>726</b>		M3 40-49	60	00:43:42	<b>00:38:32.05</b>	<b>01:22:14.40</b>	+00:17:10 (44.6%)	7:42	7.8 (55.7%)
299	<b>KAROL Monika</b>	<b>794</b>	LOSZKI I WARCHLAKI	K1 16-29	23	00:09:27	<b>00:38:33.40</b>	<b>00:48:00.75</b>	+00:17:11 (44.6%)	7:42	7.8 (55.7%)
300	<b>MIKICIUK Natalia</b>	<b>799</b>		K1 16-29	24	00:39:10	<b>00:38:34.15</b>	<b>01:17:44.90</b>	+00:17:12 (44.6%)	7:42	7.8 (55.7%)
301	<b>STAŃCZYK Sławomir</b>	<b>906</b>	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	88	00:15:42	<b>00:38:36.30</b>	<b>00:54:18.50</b>	+00:17:14 (44.7%)	7:43	7.8 (55.7%)
302	<b>PCIONEK Jacek</b>	<b>833</b>		M2 30-39	89	00:12:13	<b>00:38:44.25</b>	<b>00:50:58.15</b>	+00:17:22 (44.9%)	7:45	7.7 (55.0%)
303	<b>PIERZAKOWSKA Agnieszka</b>	<b>614</b>	SZALONE MAMUŚKI	K2 30-39	42	00:05:22	<b>00:38:45.60</b>	<b>00:44:08.45</b>	+00:17:23 (44.9%)	7:45	7.7 (55.0%)
304	<b>SIDORCZUK Tomasz</b>	<b>929</b>	KLUB BIEGAJĄCYCH LEŚNIKÓW	M3 40-49	61	00:28:03	<b>00:38:47.25</b>	<b>01:06:50.85</b>	+00:17:25 (44.9%)	7:45	7.7 (55.0%)
305	<b>KUNIKOWSKI Patryk</b>	<b>671</b>	STARGARD JA SIĘ NIE ŚCIGAM	M2 30-39	90	00:15:39	<b>00:38:47.80</b>	<b>00:54:27.25</b>	+00:17:26 (44.9%)	7:45	7.7 (55.0%)
306	<b>MISIUK Marta</b>	<b>618</b>		K2 30-39	43	00:05:20	<b>00:38:49.30</b>	<b>00:44:09.50</b>	+00:17:27 (45.0%)	7:45	7.7 (55.0%)
307	<b>WRÓŃSKI Julian</b>	<b>990</b>	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	91	00:15:35	<b>00:38:53.20</b>	<b>00:54:29.00</b>	+00:17:31 (45.1%)	7:46	7.7 (55.0%)
308	<b>DANILUK Małgorzata</b>	<b>809</b>		K1 16-29	25	00:51:24	<b>00:38:53.30</b>	<b>01:30:17.30</b>	+00:17:31 (45.1%)	7:46	7.7 (55.0%)
309	<b>KUNIKOWSKA Patrycja</b>	<b>672</b>	STARGARD JA SIĘ NIE ŚCIGAM	K2 30-39	44	00:15:32	<b>00:38:54.90</b>	<b>00:54:27.00</b>	+00:17:33 (45.1%)	7:47	7.7 (55.0%)
310	<b>JADRYCH Zbigniew</b>	<b>915</b>		M3 40-49	62	00:15:28	<b>00:38:56.20</b>	<b>00:54:24.25</b>	+00:17:34 (45.1%)	7:47	7.7 (55.0%)
311	<b>DZIEDZINA Roksana</b>	<b>708</b>	KLUB SPORTOWY FITNESS	K2 30-39	45	00:09:57	<b>00:39:06.10</b>	<b>00:49:03.20</b>	+00:17:44 (45.4%)	7:49	7.7 (55.0%)
312	<b>GOWORSKI Jerzy</b>	<b>842</b>	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	92	00:37:17	<b>00:39:06.70</b>	<b>01:16:24.20</b>	+00:17:44 (45.4%)	7:49	7.7 (55.0%)
313	<b>LINOWSKI Włodzimierz</b>	<b>989</b>		M1 16-29	39	01:41:17	<b>00:39:29.40</b>	<b>02:20:46.60</b>	+00:18:07 (45.9%)	7:53	7.6 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
314	<b>SZCZUKIEWICZ Aneta</b>	<b>1090</b>	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	46	01:41:13	<b>00:39:32.95</b>	<b>02:20:46.80</b>	+00:18:11 (46.0%)	7:54	7.6 (54.3%)
315	<b>LEŚNIEWSKA Julia</b>	<b>1139</b>	DLL PARTNERS	K3 40-49	20	00:30:40	<b>00:39:35.75</b>	<b>01:10:16.20</b>	+00:18:14 (46.0%)	7:55	7.6 (54.3%)
316	<b>WIELGUS-ULATOWSKA Joanna</b>	<b>942</b>	HELLS HEAVEN SZCZECIN	K2 30-39	47	00:07:13	<b>00:39:46.20</b>	<b>00:46:59.90</b>	+00:18:24 (46.3%)	7:57	7.5 (53.6%)
317	<b>JAŚKIEWICZ Krzysztof</b>	<b>682</b>	MSPORT	M3 40-49	63	00:05:54	<b>00:39:47.45</b>	<b>00:45:41.95</b>	+00:18:25 (46.3%)	7:57	7.5 (53.6%)
318	<b>KULEWSKA Joanna</b>	<b>1097</b>	NORDICOWELOVE POLICE	K3 40-49	21	00:10:05	<b>00:39:56.20</b>	<b>00:50:01.50</b>	+00:18:34 (46.5%)	7:59	7.5 (53.6%)
319	<b>PIEPRZOWSKA Sylwia</b>	<b>877</b>		K3 40-49	22	00:10:03	<b>00:39:58.15</b>	<b>00:50:01.20</b>	+00:18:36 (46.6%)	7:59	7.5 (53.6%)
319	<b>MYTYCH Ilona</b>	<b>1044</b>	EXT-WLF	K1 16-29	26	00:44:18	<b>00:39:58.15</b>	<b>01:24:16.25</b>	+00:18:36 (46.6%)	7:59	7.5 (53.6%)
321	<b>NAJMARK Małgorzata</b>	<b>695</b>	NORDICOVE LOVE POLICE	K3 40-49	23	00:10:00	<b>00:40:01.00</b>	<b>00:50:01.20</b>	+00:18:39 (46.6%)	8:00	7.5 (53.6%)
322	<b>KRZEMIŃSKI Paweł</b>	<b>967</b>	EXT-WLF	M1 16-29	40	00:44:15	<b>00:40:02.80</b>	<b>01:24:17.80</b>	+00:18:41 (46.7%)	8:00	7.5 (53.6%)
323	<b>ZAWADZKI Andrzej</b>	<b>968</b>	EXT-WLF	M1 16-29	41	00:44:11	<b>00:40:04.95</b>	<b>01:24:16.65</b>	+00:18:43 (46.7%)	8:01	7.5 (53.6%)
324	<b>ZIELIŃSKI Bartosz</b>	<b>900</b>		M2 30-39	93	00:12:54	<b>00:40:09.25</b>	<b>00:53:03.40</b>	+00:18:47 (46.8%)	8:01	7.5 (53.6%)
325	<b>ZIELINSKI Arkadiusz</b>	<b>899</b>		M2 30-39	94	00:12:52	<b>00:40:10.70</b>	<b>00:53:03.60</b>	+00:18:48 (46.8%)	8:02	7.5 (53.6%)
326	<b>BORODZIUK Magdalena</b>	<b>776</b>	WOT	K3 40-49	24	00:09:22	<b>00:40:11.80</b>	<b>00:49:34.30</b>	+00:18:50 (46.9%)	8:02	7.5 (53.6%)
327	<b>TOMICZAK Marta</b>	<b>661</b>		K3 40-49	25	00:04:24	<b>00:40:13.90</b>	<b>00:44:38.15</b>	+00:18:52 (46.9%)	8:02	7.5 (53.6%)
328	<b>KUŹMIŃSKA Weronika</b>	<b>696</b>		K1 16-29	27	00:08:27	<b>00:40:17.30</b>	<b>00:48:44.95</b>	+00:18:55 (47.0%)	8:03	7.4 (52.9%)
329	<b>LEBIODA Alicja</b>	<b>880</b>		K3 40-49	26	00:10:46	<b>00:40:19.00</b>	<b>00:51:05.15</b>	+00:18:57 (47.0%)	8:03	7.4 (52.9%)
330	<b>MAJCHER Małgorzata</b>	<b>597</b>	PIŁA TEAM	K3 40-49	27	00:01:59	<b>00:40:31.10</b>	<b>00:42:30.25</b>	+00:19:09 (47.3%)	8:06	7.4 (52.9%)
331	<b>SAWICKA - WERS Urszula</b>	<b>707</b>	SAR-BSR KOŁOBRZEG MARATON TEAM	K2 30-39	48	00:12:22	<b>00:40:42.45</b>	<b>00:53:04.95</b>	+00:19:20 (47.5%)	8:08	7.4 (52.9%)
332	<b>BIEGAŃSKI Piotr</b>	<b>1089</b>		M2 30-39	95	00:02:57	<b>00:40:44.55</b>	<b>00:43:42.10</b>	+00:19:22 (47.6%)	8:09	7.4 (52.9%)
333	<b>BEDNARZ Katarzyna</b>	<b>702</b>		K3 40-49	28	00:12:19	<b>00:40:44.85</b>	<b>00:53:04.70</b>	+00:19:23 (47.6%)	8:09	7.4 (52.9%)
334	<b>GUMIELA Adam</b>	<b>828</b>	MELVITRUN	M2 30-39	96	00:18:10	<b>00:40:46.45</b>	<b>00:58:57.20</b>	+00:19:24 (47.6%)	8:09	7.4 (52.9%)
335	<b>KOZŁOWSKI Piotr</b>	<b>611</b>	NIECH KTOŚ WEZWIE KARETKĘ	M2 30-39	97	00:22:40	<b>00:40:46.85</b>	<b>01:03:27.40</b>	+00:19:25 (47.6%)	8:09	7.4 (52.9%)
336	<b>SZYPLOWSKI Dorian</b>	<b>778</b>		M2 30-39	98	00:22:49	<b>00:40:53.90</b>	<b>01:03:43.60</b>	+00:19:32 (47.8%)	8:10	7.3 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
337	<b>KŁYS Robert</b>	<b>829</b>	WDŚ KMP	M3 40-49	64	00:18:04	<b>00:40:54.45</b>	<b>00:58:58.55</b>	+00:19:32 (47.8%)	8:10	7.3 (52.1%)
338	<b>MUSKAŁA Beata</b>	<b>831</b>	WDŚ KMP	K4 50-59	8	00:18:01	<b>00:40:57.50</b>	<b>00:58:59.10</b>	+00:19:35 (47.8%)	8:11	7.3 (52.1%)
339	<b>NOWOTNIK Wojciech</b>	<b>960</b>		M2 30-39	99	01:15:54	<b>00:40:57.55</b>	<b>01:56:51.90</b>	+00:19:35 (47.8%)	8:11	7.3 (52.1%)
340	<b>KUCHARCZYK Paulina</b>	<b>782</b>		K1 16-29	28	00:46:49	<b>00:40:58.90</b>	<b>01:27:48.70</b>	+00:19:37 (47.9%)	8:11	7.3 (52.1%)
341	<b>OLEŃDZKI Michał</b>	<b>832</b>	WDŚ KMP	M2 30-39	100	00:17:59	<b>00:40:59.70</b>	<b>00:58:59.15</b>	+00:19:37 (47.9%)	8:12	7.3 (52.1%)
342	<b>LIPKA Radosław</b>	<b>830</b>	WDŚ KMP	M2 30-39	101	00:17:56	<b>00:41:01.75</b>	<b>00:58:58.45</b>	+00:19:40 (47.9%)	8:12	7.3 (52.1%)
343	<b>STACH Sara</b>	<b>959</b>		K1 16-29	29	01:15:58	<b>00:41:10.65</b>	<b>01:57:09.00</b>	+00:19:48 (48.1%)	8:14	7.3 (52.1%)
344	<b>WIECZOREK Wojciech</b>	<b>654</b>		M3 40-49	65	00:06:15	<b>00:41:10.70</b>	<b>00:47:26.25</b>	+00:19:48 (48.1%)	8:14	7.3 (52.1%)
345	<b>MRÓZ Tomek</b>	<b>698</b>		M3 40-49	66	01:15:21	<b>00:41:11.40</b>	<b>01:56:33.35</b>	+00:19:49 (48.1%)	8:14	7.3 (52.1%)
346	<b>PARADOWSKI Piotr</b>	<b>697</b>	KB WYSZKÓW	M1 16-29	42	00:58:51	<b>00:41:20.50</b>	<b>01:40:12.30</b>	+00:19:58 (48.3%)	8:16	7.3 (52.1%)
347	<b>BIELSKA Ola</b>	<b>703</b>		K2 30-39	49	01:15:17	<b>00:41:23.00</b>	<b>01:56:40.75</b>	+00:20:01 (48.4%)	8:16	7.2 (51.4%)
348	<b>DROZDEK Joanna</b>	<b>608</b>	KOMPAS TEAM	K3 40-49	29	00:06:56	<b>00:41:24.05</b>	<b>00:48:20.40</b>	+00:20:02 (48.4%)	8:16	7.2 (51.4%)
349	<b>DYDEK Dorota</b>	<b>1162</b>	SKB DZIK	K4 50-59	9	01:28:06	<b>00:41:24.15</b>	<b>02:09:30.20</b>	+00:20:02 (48.4%)	8:16	7.2 (51.4%)
350	<b>ZAWISZA Tomasz</b>	<b>889</b>	BRIDGESTONE STARGARD RUNNERS	M3 40-49	67	00:02:34	<b>00:41:24.75</b>	<b>00:43:59.00</b>	+00:20:03 (48.4%)	8:17	7.2 (51.4%)
351	<b>ANIELSKI Michał</b>	<b>858</b>		M2 30-39	102	00:14:52	<b>00:41:31.95</b>	<b>00:56:24.75</b>	+00:20:10 (48.6%)	8:18	7.2 (51.4%)
352	<b>ANIELSKI Sławomir</b>	<b>894</b>		M1 16-29	43	00:14:50	<b>00:41:36.10</b>	<b>00:56:26.25</b>	+00:20:14 (48.6%)	8:19	7.2 (51.4%)
353	<b>STEMPNIAK Zbigniew</b>	<b>675</b>	REBELS LEGION TEAM	M3 40-49	68	00:05:33	<b>00:41:38.70</b>	<b>00:47:12.05</b>	+00:20:16 (48.7%)	8:19	7.2 (51.4%)
354	<b>ŻOŁNACZ Radek</b>	<b>892</b>		M2 30-39	103	00:14:47	<b>00:41:40.75</b>	<b>00:56:28.55</b>	+00:20:19 (48.7%)	8:20	7.2 (51.4%)
355	<b>ANIELSKA Anna</b>	<b>893</b>		K2 30-39	50	00:14:45	<b>00:41:43.35</b>	<b>00:56:29.05</b>	+00:20:21 (48.8%)	8:20	7.2 (51.4%)
355	<b>KOZŁOWSKA-BANIAK Paulina</b>	<b>949</b>	BRIDGESTONE STARGARD RUNNERS	K3 40-49	30	00:02:15	<b>00:41:43.35</b>	<b>00:43:58.65</b>	+00:20:21 (48.8%)	8:20	7.2 (51.4%)
357	<b>ZIELIŃSKA-RYŻ Katarzyna</b>	<b>970</b>	DLL PARTNERS	K2 30-39	51	00:28:25	<b>00:41:43.50</b>	<b>01:10:08.80</b>	+00:20:21 (48.8%)	8:20	7.2 (51.4%)
358	<b>SEŃ Agata</b>	<b>859</b>		K2 30-39	52	00:14:36	<b>00:41:52.40</b>	<b>00:56:29.15</b>	+00:20:30 (49.0%)	8:22	7.2 (51.4%)
359	<b>KAROLCZAK Magdalena</b>	<b>584</b>	IHUUH TEAM	K3 40-49	31	00:11:09	<b>00:41:53.75</b>	<b>00:53:03.15</b>	+00:20:32 (49.0%)	8:22	7.2 (51.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
360	<b>BANAŚ Anna</b>	<b>981</b>	DLL PARTNERS	K2 30-39	53	00:27:52	<b>00:42:10.20</b>	<b>01:10:02.50</b>	+00:20:48 (49.3%)	8:26	7.1 (50.7%)
361	<b>CHROBOCIŃSKA Elżbieta</b>	<b>820</b>		K4 50-59	10	00:19:51	<b>00:42:10.35</b>	<b>01:02:01.55</b>	+00:20:48 (49.3%)	8:26	7.1 (50.7%)
362	<b>PUFF Agata</b>	<b>987</b>	DLL PARTNERS	K2 30-39	54	00:27:46	<b>00:42:15.55</b>	<b>01:10:02.15</b>	+00:20:53 (49.4%)	8:27	7.1 (50.7%)
363	<b>CHROBOCINSKI Daniel</b>	<b>819</b>		M1 16-29	44	00:19:57	<b>00:42:16.05</b>	<b>01:02:13.40</b>	+00:20:54 (49.5%)	8:27	7.1 (50.7%)
364	<b>GŁUSZYK Małgorzata</b>	<b>844</b>		K2 30-39	55	00:04:11	<b>00:42:21.10</b>	<b>00:46:32.90</b>	+00:20:59 (49.6%)	8:28	7.1 (50.7%)
365	<b>PARYPA Hanna</b>	<b>849</b>		K2 30-39	56	00:04:08	<b>00:42:24.05</b>	<b>00:46:32.70</b>	+00:21:02 (49.6%)	8:28	7.1 (50.7%)
366	<b>PYREK Iwona</b>	<b>662</b>		K2 30-39	57	00:43:59	<b>00:42:30.45</b>	<b>01:26:30.15</b>	+00:21:08 (49.7%)	8:30	7.1 (50.7%)
367	<b>RUTKOWSKA Anna</b>	<b>648</b>	WATAHA WAŁCZ	K4 50-59	11	00:43:56	<b>00:42:34.85</b>	<b>01:26:30.95</b>	+00:21:13 (49.8%)	8:30	7 (50.0%)
368	<b>LIUDA Sautana</b>	<b>692</b>		K1 16-29	30	00:03:34	<b>00:42:36.95</b>	<b>00:46:11.65</b>	+00:21:15 (49.9%)	8:31	7 (50.0%)
369	<b>ZADROŻNY Szymon</b>	<b>657</b>		M3 40-49	69	00:43:52	<b>00:42:38.15</b>	<b>01:26:30.65</b>	+00:21:16 (49.9%)	8:31	7 (50.0%)
370	<b>MAŁKOWSKA Ewa</b>	<b>878</b>		K3 40-49	32	02:23:13	<b>00:43:09.45</b>	<b>03:06:22.75</b>	+00:21:47 (50.5%)	8:37	7 (50.0%)
371	<b>KARAKUŁA Krzysztof</b>	<b>1079</b>		M1 16-29	45	00:02:12	<b>00:43:11.00</b>	<b>00:45:23.75</b>	+00:21:49 (50.5%)	8:38	6.9 (49.3%)
372	<b>RYBCZYK Joanna</b>	<b>1032</b>		K1 16-29	31	00:02:10	<b>00:43:13.35</b>	<b>00:45:23.80</b>	+00:21:51 (50.6%)	8:38	6.9 (49.3%)
373	<b>NIEZGODA Adam</b>	<b>619</b>	KOMPAS TEAM	M3 40-49	70	00:06:58	<b>00:43:19.70</b>	<b>00:50:18.65</b>	+00:21:57 (50.7%)	8:40	6.9 (49.3%)
374	<b>ULASS Robert</b>	<b>787</b>		M3 40-49	71	00:51:26	<b>00:43:21.35</b>	<b>01:34:48.25</b>	+00:21:59 (50.7%)	8:40	6.9 (49.3%)
375	<b>SZAJEK Marta</b>	<b>1055</b>	HULK TEAM POLICE	K3 40-49	33	00:05:45	<b>00:43:42.30</b>	<b>00:49:27.60</b>	+00:22:20 (51.1%)	8:44	6.9 (49.3%)
376	<b>WIŚNIEWSKA Sandra</b>	<b>1003</b>		K1 16-29	32	00:07:38	<b>00:43:45.10</b>	<b>00:51:23.95</b>	+00:22:23 (51.2%)	8:45	6.9 (49.3%)
377	<b>KOSMAL-BRZYCHCY Agnieszka</b>	<b>946</b>		K3 40-49	34	00:01:41	<b>00:43:46.65</b>	<b>00:45:28.05</b>	+00:22:24 (51.2%)	8:45	6.9 (49.3%)
378	<b>ULASS Agnieszka</b>	<b>788</b>		K3 40-49	35	00:50:54	<b>00:43:53.55</b>	<b>01:34:48.25</b>	+00:22:31 (51.3%)	8:46	6.8 (48.6%)
379	<b>ZABROCKI Karol</b>	<b>633</b>		M3 40-49	72	00:36:09	<b>00:44:07.10</b>	<b>01:20:16.55</b>	+00:22:45 (51.6%)	8:49	6.8 (48.6%)
380	<b>SZYMAŃSKI Piotr</b>	<b>777</b>		M2 30-39	104	00:22:46	<b>00:44:24.40</b>	<b>01:07:11.35</b>	+00:23:02 (51.9%)	8:53	6.8 (48.6%)
381	<b>KOGUT Karol</b>	<b>723</b>		M2 30-39	105	00:22:43	<b>00:44:27.90</b>	<b>01:07:11.55</b>	+00:23:06 (52.0%)	8:53	6.7 (47.9%)
382	<b>BIAŁOWAŚ Alicja</b>	<b>785</b>		K2 30-39	58	00:24:38	<b>00:44:43.60</b>	<b>01:09:22.05</b>	+00:23:21 (52.2%)	8:56	6.7 (47.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
383	<b>BIALOWOLSKA-MICHNIACKA Elwira</b>	<b>1125</b>	IRON TEAM SZCZECIN	K2 30-39	59	00:09:16	<b>00:44:44.85</b>	<b>00:54:01.40</b>	+00:23:23 (52.3%)	8:57	6.7 (47.9%)
384	<b>OSTROWSKA Ewa</b>	<b>1068</b>		K1 16-29	33	00:15:51	<b>00:44:48.65</b>	<b>01:00:40.45</b>	+00:23:26 (52.3%)	8:57	6.7 (47.9%)
385	<b>BANASIAK Adrianna</b>	<b>1067</b>		K2 30-39	60	00:15:49	<b>00:44:50.95</b>	<b>01:00:40.80</b>	+00:23:29 (52.4%)	8:58	6.7 (47.9%)
386		<b>1238</b>				00:10:34	<b>00:44:52.05</b>	<b>00:55:26.70</b>	+00:23:30 (52.4%)	8:58	6.7 (47.9%)
387	<b>KWIATKOWSKA Julita</b>	<b>1051</b>		K2 30-39	61	00:10:32	<b>00:44:54.35</b>	<b>00:55:26.55</b>	+00:23:32 (52.4%)	8:58	6.7 (47.9%)
388	<b>KRAIŃSKA Karolina</b>	<b>1034</b>		K2 30-39	62	00:03:37	<b>00:45:10.95</b>	<b>00:48:47.95</b>	+00:23:49 (52.7%)	9:02	6.6 (47.1%)
389	<b>KAROL Agnieszka</b>	<b>795</b>	LOSZKI I WARCHLAKI	K3 40-49	36	00:09:01	<b>00:45:38.10</b>	<b>00:54:39.70</b>	+00:24:16 (53.2%)	9:07	6.6 (47.1%)
390	<b>PERROT Magdalena</b>	<b>688</b>	WILKI Z CIECHOCINKA	K3 40-49	37	00:10:40	<b>00:45:38.30</b>	<b>00:56:18.80</b>	+00:24:16 (53.2%)	9:07	6.6 (47.1%)
391	<b>MISIASZEK Beata</b>	<b>1037</b>		K4 50-59	12	00:06:11	<b>00:45:57.40</b>	<b>00:52:08.80</b>	+00:24:35 (53.5%)	9:11	6.5 (46.4%)
392	<b>ADAM Kamila</b>	<b>972</b>	DLL PARTNERS	K2 30-39	63	00:28:00	<b>00:46:18.35</b>	<b>01:14:19.00</b>	+00:24:56 (53.9%)	9:15	6.5 (46.4%)
393	<b>LIŚKIEWICZ Katarzyna</b>	<b>971</b>	DLL PARTNERS	K3 40-49	38	00:27:57	<b>00:46:21.35</b>	<b>01:14:19.15</b>	+00:24:59 (53.9%)	9:16	6.5 (46.4%)
394	<b>HAJDUKIEWICZ Anna</b>	<b>928</b>		K3 40-49	39	00:01:34	<b>00:46:21.95</b>	<b>00:47:56.65</b>	+00:25:00 (53.9%)	9:16	6.5 (46.4%)
395	<b>ZWYRBLIS KŁAPOUCH Wioletta</b>	<b>927</b>		K3 40-49	40	00:01:32	<b>00:46:24.85</b>	<b>00:47:56.85</b>	+00:25:03 (54.0%)	9:16	6.5 (46.4%)
396	<b>RUBAJ Anna</b>	<b>684</b>		K2 30-39	64	00:08:25	<b>00:46:35.20</b>	<b>00:55:00.50</b>	+00:25:13 (54.1%)	9:19	6.4 (45.7%)
397	<b>DOBROWOLSKA Anna</b>	<b>1059</b>		K2 30-39	65	00:08:29	<b>00:46:36.60</b>	<b>00:55:06.05</b>	+00:25:14 (54.2%)	9:19	6.4 (45.7%)
398	<b>PAJZIK Rafał</b>	<b>595</b>		M2 30-39	106	00:38:59	<b>00:46:39.80</b>	<b>01:25:39.75</b>	+00:25:18 (54.2%)	9:20	6.4 (45.7%)
399	<b>TOMASZEWSKA Beata</b>	<b>851</b>		K2 30-39	66	00:08:20	<b>00:46:40.30</b>	<b>00:55:00.80</b>	+00:25:18 (54.2%)	9:20	6.4 (45.7%)
400	<b>PIERŚCIŃSKA Marzena</b>	<b>920</b>		K3 40-49	41	00:08:18	<b>00:46:44.20</b>	<b>00:55:03.10</b>	+00:25:22 (54.3%)	9:21	6.4 (45.7%)
401	<b>BURDA Magda</b>	<b>1026</b>		K2 30-39	67	00:38:55	<b>00:46:44.45</b>	<b>01:25:39.80</b>	+00:25:22 (54.3%)	9:20	6.4 (45.7%)
402	<b>DZIECIOL Alina</b>	<b>1058</b>		K2 30-39	68	00:08:16	<b>00:46:45.05</b>	<b>00:55:01.55</b>	+00:25:23 (54.3%)	9:21	6.4 (45.7%)
403	<b>GÓRSKA Agnieszka</b>	<b>685</b>	NORDICOWELOVE POLICE	K3 40-49	42	00:08:23	<b>00:46:45.55</b>	<b>00:55:08.65</b>	+00:25:23 (54.3%)	9:21	6.4 (45.7%)
404	<b>STASIUK Robert</b>	<b>867</b>		M2 30-39	107	00:38:49	<b>00:46:50.70</b>	<b>01:25:39.75</b>	+00:25:28 (54.4%)	9:22	6.4 (45.7%)
405	<b>SKARŻYŃSKA Paulina</b>	<b>1148</b>		K3 40-49	43	00:20:08	<b>00:47:03.05</b>	<b>01:07:11.20</b>	+00:25:41 (54.6%)	9:24	6.4 (45.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
406	<b>MACHOLA Bartłomiej</b>	<b>1114</b>		M2 30-39	108	00:04:36	<b>00:47:05.95</b>	<b>00:51:42.50</b>	+00:25:44 (54.6%)	9:25	6.4 (45.7%)
407	<b>KRAWCZYK Anna</b>	<b>1040</b>		K1 16-29	34	00:22:56	<b>00:47:44.70</b>	<b>01:10:41.40</b>	+00:26:22 (55.3%)	9:33	6.3 (45.0%)
408	<b>ŁUCZAK Magdalena</b>	<b>1039</b>		K2 30-39	69	00:22:54	<b>00:47:47.25</b>	<b>01:10:41.55</b>	+00:26:25 (55.3%)	9:33	6.3 (45.0%)
409	<b>PŁOSA Arkadiusz</b>	<b>780</b>		M3 40-49	73	00:12:11	<b>00:47:49.35</b>	<b>01:00:00.70</b>	+00:26:27 (55.3%)	9:33	6.3 (45.0%)
410	<b>PŁOSA Monika</b>	<b>765</b>		K2 30-39	70	00:12:08	<b>00:47:51.85</b>	<b>01:00:00.25</b>	+00:26:30 (55.4%)	9:34	6.3 (45.0%)
411	<b>PIEKARSKA Katarzyna</b>	<b>1053</b>		K1 16-29	35	00:38:06	<b>00:48:14.15</b>	<b>01:26:20.75</b>	+00:26:52 (55.7%)	9:38	6.2 (44.3%)
412	<b>DIKOLENKO Bartosz</b>	<b>964</b>		M2 30-39	109	00:16:11	<b>00:48:38.45</b>	<b>01:04:50.00</b>	+00:27:16 (56.1%)	9:43	6.2 (44.3%)
413	<b>KIELISZEK Anna</b>	<b>824</b>	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	71	01:30:50	<b>00:48:46.85</b>	<b>02:19:37.75</b>	+00:27:25 (56.2%)	9:45	6.1 (43.6%)
414	<b>BODNAR Zbigniew</b>	<b>652</b>		M5 60+	5	00:03:31	<b>00:48:50.00</b>	<b>00:52:21.70</b>	+00:27:28 (56.3%)	9:46	6.1 (43.6%)
415	<b>SOŁTYS Krzysztof</b>	<b>1122</b>		M1 16-29	46	00:12:35	<b>00:48:53.95</b>	<b>01:01:29.25</b>	+00:27:32 (56.3%)	9:46	6.1 (43.6%)
416	<b>BARTNIK Paweł</b>	<b>1132</b>	DLL PARTNERS	M5 60+	6	00:30:51	<b>00:49:16.00</b>	<b>01:20:07.75</b>	+00:27:54 (56.6%)	9:51	6.1 (43.6%)
417	<b>PRABUCKA Karolina</b>	<b>1127</b>	UKŁ ÓSEMKA POLICE	K3 40-49	44	00:25:41	<b>00:50:35.55</b>	<b>01:16:16.65</b>	+00:29:13 (57.8%)	10:07	5.9 (42.1%)
418	<b>PRABUCKI Jarosław</b>	<b>1128</b>	UKŁ OSEMKA POLICE	M3 40-49	74	00:25:38	<b>00:50:38.45</b>	<b>01:16:16.55</b>	+00:29:16 (57.8%)	10:07	5.9 (42.1%)
419	<b>STEMPNIAK Katarzyna</b>	<b>674</b>	REBELS LEGION TEAM	K2 30-39	72	00:39:06	<b>00:50:45.70</b>	<b>01:29:52.55</b>	+00:29:23 (57.9%)	10:09	5.9 (42.1%)
420	<b>KUCHARCZYK Elżbieta</b>	<b>763</b>	RUN GRYF	K3 40-49	45	00:46:27	<b>00:51:45.45</b>	<b>01:38:13.25</b>	+00:30:23 (58.7%)	10:21	5.8 (41.4%)
421	<b>KRÓL Magdalena</b>	<b>922</b>		K2 30-39	73	00:32:19	<b>00:52:13.40</b>	<b>01:24:32.90</b>	+00:30:51 (59.1%)	10:26	5.7 (40.7%)
422	<b>MICHALSKA Karolina</b>	<b>588</b>	KOMPAS TEAM	K1 16-29	36	00:05:59	<b>00:52:32.00</b>	<b>00:58:31.65</b>	+00:31:10 (59.3%)	10:30	5.7 (40.7%)
423	<b>REICHOLSKA Aneta</b>	<b>1257</b>	KOMPAS TEAM	K3 40-49	46	00:05:56	<b>00:52:33.85</b>	<b>00:58:30.45</b>	+00:31:12 (59.4%)	10:30	5.7 (40.7%)
424	<b>LEWANDOWSKI Janusz</b>	<b>866</b>		M5 60+	7	00:15:10	<b>00:52:38.50</b>	<b>01:07:49.15</b>	+00:31:16 (59.4%)	10:31	5.7 (40.7%)
425	<b>HAŁAS Renata</b>	<b>704</b>	SZYBCIEJ NIE MOGE	K4 50-59	13	00:15:07	<b>00:52:41.25</b>	<b>01:07:48.55</b>	+00:31:19 (59.5%)	10:32	5.7 (40.7%)
426	<b>WIĘCKOWSKA Monika</b>	<b>1048</b>	DLL PARTNERS	K3 40-49	47	00:28:20	<b>00:52:53.45</b>	<b>01:21:13.45</b>	+00:31:31 (59.6%)	10:34	5.7 (40.7%)
427	<b>KACZYŃSKA Monika</b>	<b>1047</b>	DLL PARTNERS	K2 30-39	74	00:28:13	<b>00:52:59.55</b>	<b>01:21:13.40</b>	+00:31:37 (59.7%)	10:36	5.7 (40.7%)
428	<b>SZAFRAN Magdalena</b>	<b>1046</b>	DLL PARTNERS	K2 30-39	75	00:28:10	<b>00:53:02.90</b>	<b>01:21:13.50</b>	+00:31:41 (59.7%)	10:36	5.7 (40.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
429	<b>KOŁACZYŃSKA Monika</b>	<b>625</b>		K3 40-49	48	00:03:44	<b>00:55:42.55</b>	<b>00:59:26.80</b>	+00:34:20 (61.7%)	11:08	5.4 (38.6%)
430	<b>STACHOWIAK Monika</b>	<b>992</b>		K3 40-49	49	00:28:16	<b>00:58:37.55</b>	<b>01:26:54.15</b>	+00:37:15 (63.6%)	11:43	5.1 (36.4%)
431	<b>PUZIO Joanna</b>	<b>784</b>		K2 30-39	76	00:24:35	<b>01:02:45.55</b>	<b>01:27:21.25</b>	+00:41:23 (66.0%)	12:33	4.8 (34.3%)
432	<b>PUZIO Hanna</b>	<b>783</b>		K2 30-39	77	00:24:28	<b>01:02:52.35</b>	<b>01:27:21.30</b>	+00:41:30 (66.0%)	12:34	4.8 (34.3%)
433	<b>NOWAK Aneta</b>	<b>683</b>	NORDICOWELOVE POLICE	K3 40-49	50	00:10:12	<b>01:05:51.10</b>	<b>01:16:03.15</b>	+00:44:29 (67.6%)	13:10	4.6 (32.9%)
434		<b>1085</b>				00:00:00	<b>02:49:02.15</b>	<b>02:49:02.15</b>	+02:27:40 (87.4%)	33:48	1.8 (12.9%)

Znaleziono 434 wynik(ów)