



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	NOWICKI Bartosz	1004	BNOW SPORTS	M2 30-39	1	00:01:02	00:21:21.75	00:22:24.35		4:16	14 (100%)
2	HRYNKO Jacek	953	15 BRYGADA ZMECHANIZOWANA W GIŻYCKU	M1 16-29	1	00:34:02	00:21:47.95	00:55:50.05	+00:00:26 (2.0%)	4:21	13.8 (98.6%)
3	PAWLISIAK Paweł	991	BBL POLICE/ STG SZCZECIN	M2 30-39	2	00:08:05	00:21:48.75	00:29:54.70	+00:00:27 (2.1%)	4:21	13.8 (98.6%)
4	OLICHOWSKI Mateusz	1124	SURVIWAŁTEAM	M1 16-29	2	00:24:49	00:22:42.15	00:47:31.70	+00:01:20 (5.9%)	4:32	13.2 (94.3%)
5	RUDZIŃSKI Jacek	1126	KB HERMES GRYFINO / KW PSP SZCZECIN	M4 50-59	1	00:04:48	00:22:54.55	00:27:43.25	+00:01:32 (6.8%)	4:35	13.1 (93.6%)
6	DUCHNOWSKI Łukasz	952	15 GIZYCKA BRYGADA ZMECHANIZOWANA	M2 30-39	3	00:34:04	00:23:35.40	00:57:39.95	+00:02:13 (9.4%)	4:43	12.7 (90.7%)
7	ALEKSANDROV Denys	941	TRIGYM	M1 16-29	3	00:01:56	00:23:39.75	00:25:36.00	+00:02:18 (9.7%)	4:44	12.7 (90.7%)
8	GRZESIK Eugeniusz	852	KOMENDA MIEJSKA PSP KOSZALIN	M4 50-59	2	00:05:01	00:24:07.45	00:29:09.30	+00:02:45 (11.4%)	4:49	12.4 (88.6%)
9	GRYGORCEWICZ Jan	925	SKB DZIK	M4 50-59	3	00:26:44	00:24:14.50	00:50:58.50	+00:02:52 (11.9%)	4:50	12.4 (88.6%)
10	WRÓBLEWSKI Michał	983	LIFE4FIT	M3 40-49	1	00:01:44	00:24:19.80	00:26:03.90	+00:02:58 (12.2%)	4:51	12.3 (87.9%)
11	CHENON Guillaume	796		M2 30-39	4	00:15:54	00:24:38.80	00:40:33.15	+00:03:17 (13.3%)	4:55	12.2 (87.1%)
12	OLEJARZ Damian	636	POL-BUD POLICE	M2 30-39	5	00:22:27	00:24:41.00	00:47:08.00	+00:03:19 (13.5%)	4:56	12.2 (87.1%)
13	HOLYŃSKI Leszek	679	KM PSP SZCZECIN	M2 30-39	6	00:04:16	00:24:49.00	00:29:05.90	+00:03:27 (13.9%)	4:57	12.1 (86.4%)
14	WASILEWSKI Andrzej	826		M3 40-49	2	00:10:50	00:24:53.50	00:35:44.40	+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	STOLARCZUK Grzegorz	954		M2 30-39	7	00:12:31	00:24:53.80	00:37:24.85	+00:03:32 (14.2%)	4:58	12.1 (86.4%)
16	ZYGMUNT Tomasz	798	OŻW SZCZECIN	M3 40-49	3	00:06:35	00:25:04.15	00:31:39.30	+00:03:42 (14.8%)	5:00	12 (85.7%)
17	JASTAK Paweł	665		M3 40-49	4	00:01:50	00:25:05.65	00:26:56.60	+00:03:43 (14.9%)	5:01	12 (85.7%)
18	NIEWCZAS Jakub	935	DZIKA SIGMA	M1 16-29	4	00:04:50	00:25:16.75	00:30:07.45	+00:03:55 (15.5%)	5:03	11.9 (85.0%)
19	ARLUKIEWICZ Grzegorz	705		M2 30-39	8	00:29:45	00:25:23.10	00:55:08.95	+00:04:01 (15.8%)	5:04	11.8 (84.3%)
20	MAZUR Emiliusz	955	KM PSP KOSZALIN	M3 40-49	5	00:25:35	00:25:29.20	00:51:04.20	+00:04:07 (16.2%)	5:05	11.8 (84.3%)
21	BURAS Radosław	1135	HELLS HEAVEN SZCZECIN	M2 30-39	9	00:02:45	00:25:30.65	00:28:16.10	+00:04:08 (16.3%)	5:06	11.8 (84.3%)
22	SAWICKI Bartosz	762	DZIKIE DZIKI GORZÓW	M1 16-29	5	00:09:39	00:25:36.05	00:35:15.95	+00:04:14 (16.6%)	5:07	11.7 (83.6%)
23	KRZYWIEC Grzegorz	874	BBL POLICE	M2 30-39	10	00:03:06	00:25:52.40	00:28:58.70	+00:04:30 (17.4%)	5:10	11.6 (82.9%)
24	ZELEK Darek	965		M3 40-49	6	00:26:50	00:25:54.65	00:52:45.05	+00:04:32 (17.6%)	5:11	11.6 (82.9%)
25	RUŚKIEWICZ Wojciech	943	DELOITTE ADVENTURE TEAM	M2 30-39	11	00:07:09	00:25:57.75	00:33:07.15	+00:04:36 (17.7%)	5:11	11.6 (82.9%)
26	SŁOWIK Jacek	635		M2 30-39	12	00:54:31	00:25:59.30	01:20:30.65	+00:04:37 (17.8%)	5:11	11.5 (82.1%)
27	KRZEŚNIEWSKI Marcin	646	ROWEROWY ZAŁOM	M3 40-49	7	00:01:29	00:26:11.30	00:27:40.95	+00:04:49 (18.4%)	5:14	11.5 (82.1%)
28	PILARCZYK Katarzyna	709	KLUB SPORTOWY FITNESS	K2 30-39	1	00:09:51	00:26:12.40	00:36:04.15	+00:04:50 (18.5%)	5:14	11.4 (81.4%)
29	ZYCH Krzysztof	988	SRAMMAGEDON SŁAWOBORZE	M2 30-39	13	00:13:34	00:26:17.45	00:39:51.60	+00:04:55 (18.7%)	5:15	11.4 (81.4%)
30	RYNKIEWICZ Jędrzej	985	15 GIŻYCKA BRYGADY ZMECHANIZOWANA	M2 30-39	14	00:34:05	00:26:18.90	01:00:24.60	+00:04:57 (18.8%)	5:15	11.4 (81.4%)
31	WOSZCZYK Sebastian	621		M3 40-49	8	00:09:47	00:26:28.10	00:36:15.25	+00:05:06 (19.3%)	5:17	11.3 (80.7%)
32	WIŚNIEWSKI Mariusz	581	IHUHU TEAM	M2 30-39	15	00:11:47	00:26:39.20	00:38:26.20	+00:05:17 (19.9%)	5:19	11.3 (80.7%)
33	ELLMANN Filip	868	PIJANEGO MISTRZA STYL	M2 30-39	16	00:10:57	00:26:45.20	00:37:42.35	+00:05:23 (20.2%)	5:21	11.2 (80.0%)
34	MARZEC Karolina	961	DZIKIE DZIKI GORZÓW	K3 40-49	1	00:09:48	00:26:46.20	00:36:34.60	+00:05:24 (20.2%)	5:21	11.2 (80.0%)
35	TOMICZAK Krzysztof	660		M3 40-49	9	00:04:28	00:26:46.55	00:31:14.65	+00:05:24 (20.2%)	5:21	11.2 (80.0%)
36	BABICZ Wojtek	884	BRIDGESTONE STARGARD RUNNERS	M3 40-49	10	00:02:31	00:26:47.05	00:29:18.60	+00:05:25 (20.2%)	5:21	11.2 (80.0%)
37	DYDEK Edyta	1159	SKB DZIK	K1 16-29	1	01:28:22	00:26:47.25	01:55:09.50	+00:05:25 (20.3%)	5:21	11.2 (80.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
38	BIĘNKOWSKI Tomasz	861	BIEGOLAS	M2 30-39	17	00:03:41	00:26:51.15	00:30:33.05	+00:05:29 (20.4%)	5:22	11.2 (80.0%)
39	SZUBCZYŃSKI Marcin	984	DLL PARTNERS	M2 30-39	18	00:28:39	00:26:52.15	00:55:31.85	+00:05:30 (20.5%)	5:22	11.2 (80.0%)
40	FAFEREK Piotr	879		M2 30-39	19	00:04:58	00:26:58.95	00:31:57.15	+00:05:37 (20.8%)	5:23	11.1 (79.3%)
41	OSTOJSKI Ireneusz	966	DLL PARTNERS	M3 40-49	11	00:28:38	00:27:00.15	00:55:38.30	+00:05:38 (20.9%)	5:24	11.1 (79.3%)
42	MATUSIAK Rafał	639	WŚCIEKŁE PSY	M1 16-29	6	00:02:08	00:27:06.25	00:29:14.60	+00:05:44 (21.2%)	5:25	11.1 (79.3%)
43	SZYSZKO Filip	1131	DLL PARTNERS	M1 16-29	7	00:30:59	00:27:11.95	00:58:11.35	+00:05:50 (21.5%)	5:26	11 (78.6%)
44	WOJDYŁA Michał	909	ROYAL RUNNERS TEAM	M2 30-39	20	00:02:47	00:27:15.65	00:30:02.95	+00:05:53 (21.6%)	5:27	11 (78.6%)
45	KRUK Bartosz	934		M2 30-39	21	00:04:26	00:27:20.55	00:31:46.70	+00:05:58 (21.9%)	5:28	11 (78.6%)
46	BLIZNA Rafał	1118		M2 30-39	22	00:02:43	00:27:23.30	00:30:06.75	+00:06:01 (22.0%)	5:28	11 (78.6%)
47	PROCIAK Krzysztof	1155	SKB DZIK	M2 30-39	23	00:56:12	00:27:23.80	01:23:36.70	+00:06:02 (22.0%)	5:28	10.9 (77.9%)
48	PIĘTKA Grzegorz	655	HELL'S HEAVEN SZCZECIN	M3 40-49	12	00:07:24	00:27:25.50	00:34:49.85	+00:06:03 (22.1%)	5:29	10.9 (77.9%)
49	IWANIEC Dariusz	713	BIEGOLAS KOSZALIN	M3 40-49	13	00:11:30	00:27:28.80	00:38:59.00	+00:06:07 (22.3%)	5:29	10.9 (77.9%)
50	APIECIONEK Mateusz	1253	UKL ÓSEMKA	M1 16-29	8	00:03:04	00:27:30.65	00:30:34.90	+00:06:08 (22.3%)	5:30	10.9 (77.9%)
51	MORGIEWICZ Piotr	962	RUNGRYF GRYFICE	M4 50-59	4	00:01:45	00:27:32.30	00:29:18.15	+00:06:10 (22.4%)	5:30	10.9 (77.9%)
52	CIELUCH Paulina	1252	GRUPA AZOTY POLICE	K2 30-39	2	00:03:02	00:27:32.35	00:30:34.45	+00:06:10 (22.4%)	5:30	10.9 (77.9%)
53	SOBCZAK Paweł	1086		M2 30-39	24	00:08:14	00:27:36.90	00:35:51.20	+00:06:15 (22.6%)	5:31	10.9 (77.9%)
54	PARADZIŃSKI Dawid	770		M1 16-29	9	00:16:20	00:27:42.55	00:44:03.05	+00:06:20 (22.9%)	5:32	10.8 (77.1%)
55	KĘDZIOR Jakub	607	DECATHLON PIŁA	M1 16-29	10	00:08:10	00:27:44.45	00:35:54.65	+00:06:22 (23.0%)	5:32	10.8 (77.1%)
56	RUBIN Karol	997	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	M1 16-29	11	00:34:08	00:27:48.85	01:01:56.90	+00:06:27 (23.2%)	5:33	10.8 (77.1%)
57	PASIEKA Agnieszka	768	21. BAZA LOTNICTWA TAKTYCZNEGO	K2 30-39	3	00:39:22	00:27:55.95	01:07:18.90	+00:06:34 (23.5%)	5:35	10.7 (76.4%)
58	GRALEWICZ Albert	601		M1 16-29	12	00:06:37	00:27:59.70	00:34:36.85	+00:06:37 (23.7%)	5:35	10.7 (76.4%)
59	KOMSTA Rafał	668	PAN WĄSKI I JEGO MAFIA	M2 30-39	25	00:03:26	00:28:06.10	00:31:32.45	+00:06:44 (24.0%)	5:37	10.7 (76.4%)
60	GERLICH Kai	732	BRAUNSCHWEIG HASH HOUSE HARRIERS	M1 16-29	13	00:06:42	00:28:15.60	00:34:57.95	+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	KUŁAKOWSKI Dawid	676	BIEGOLAS KOSZALIN	M3 40-49	14	00:11:28	00:28:25.35	00:39:53.60	+00:07:03 (24.8%)	5:41	10.6 (75.7%)
62	BARTOSIEWICZ Adam	1119		M3 40-49	15	00:37:47	00:28:27.40	01:06:15.00	+00:07:05 (24.9%)	5:41	10.5 (75.0%)
63	KRUSZCZYŃSKA Marzena	1158		K2 30-39	4	00:24:43	00:28:28.65	00:53:12.60	+00:07:06 (25.0%)	5:41	10.5 (75.0%)
64	DZIADEK Krzysztof	901	BIEGOLAS KOSZALIN	M2 30-39	26	00:11:25	00:28:28.80	00:39:54.40	+00:07:07 (25.0%)	5:41	10.5 (75.0%)
65	MICERSKI Tomasz	666	BIEGOLAS KOSZALIN	M3 40-49	16	00:11:23	00:28:30.15	00:39:53.30	+00:07:08 (25.1%)	5:42	10.5 (75.0%)
66	GRZYB Albert	645		M1 16-29	14	00:09:14	00:28:33.95	00:37:48.25	+00:07:12 (25.2%)	5:42	10.5 (75.0%)
67	LENCEWICZ Grzegorz	590	HUSARIA RACE TEAM SZCZECIN	M2 30-39	27	00:11:19	00:28:38.10	00:39:57.15	+00:07:16 (25.4%)	5:43	10.5 (75.0%)
68	MILANOWICZ Maciej	883	BRIDGESTONE STARGARD RUNNERS	M2 30-39	28	00:02:29	00:28:38.75	00:31:08.20	+00:07:17 (25.4%)	5:43	10.5 (75.0%)
69	CZYLKOWSKI Patryk	1001		M2 30-39	29	00:03:59	00:28:48.25	00:32:47.75	+00:07:26 (25.8%)	5:45	10.4 (74.3%)
70	PASTERNAK Rafał	923	ODRA GRYFINO	M2 30-39	30	00:09:30	00:28:49.55	00:38:20.05	+00:07:27 (25.9%)	5:46	10.4 (74.3%)
71	ARAMOWICZ Sławomir	749		M2 30-39	31	00:13:13	00:28:54.75	00:42:08.30	+00:07:33 (26.1%)	5:47	10.4 (74.3%)
72	DROŹDZIŃSKI Konrad	945	RAZ SZCZECIN	M2 30-39	32	00:39:43	00:28:56.60	01:08:39.90	+00:07:34 (26.2%)	5:47	10.4 (74.3%)
73	LÜCKOFF Marc Steffen	748	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	17	00:07:30	00:29:01.75	00:36:32.70	+00:07:40 (26.4%)	5:48	10.3 (73.6%)
74	RYŻ Arkadiusz	973	DLL PARTNERS	M2 30-39	33	00:28:54	00:29:04.50	00:57:58.55	+00:07:42 (26.5%)	5:48	10.3 (73.6%)
75	JĘDRZEJEK Dariusz	791		M2 30-39	34	00:09:11	00:29:04.85	00:38:16.65	+00:07:43 (26.5%)	5:49	10.3 (73.6%)
76	KRUSZYNA Robert	761		M3 40-49	18	00:12:01	00:29:07.00	00:41:08.15	+00:07:45 (26.6%)	5:49	10.3 (73.6%)
77	PYREK Krzysztof	663	JOKER	M3 40-49	19	00:44:03	00:29:15.95	01:13:19.05	+00:07:54 (27.0%)	5:51	10.3 (73.6%)
78	PIEKARSKI Kamil	610		M2 30-39	35	00:38:10	00:29:16.70	01:07:26.90	+00:07:54 (27.0%)	5:51	10.3 (73.6%)
79	TOMCZAK Artur	896	DIRTY SPARROWS	M2 30-39	36	00:10:39	00:29:17.65	00:39:56.80	+00:07:55 (27.1%)	5:51	10.2 (72.9%)
80	GRYGORCEWICZ Jan	1254	OKL ÓSEMKA POLICE	M1 16-29	15	00:26:46	00:29:19.75	00:56:06.30	+00:07:58 (27.2%)	5:52	10.2 (72.9%)
81	KNIOŁA Łukasz	603	PIŁA TEAM	M3 40-49	20	00:01:39	00:29:22.10	00:31:01.55	+00:08:00 (27.3%)	5:52	10.2 (72.9%)
82	DYDEK Arkadiusz	1160	DZIK	M1 16-29	16	01:28:09	00:29:26.90	01:57:36.10	+00:08:05 (27.5%)	5:53	10.2 (72.9%)
83	PODOLAK Mirosław	907		M3 40-49	21	00:05:42	00:29:31.60	00:35:14.00	+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	WÓJCIK Krzysztof	650	DĄBROWSKI TEAM	M2 30-39	37	00:02:21	00:29:32.40	00:31:54.05	+00:08:10 (27.7%)	5:54	10.2 (72.9%)
85	HABRAT Barbara	816	AKADEMIA WOJSK LĄDOWYCH	K1 16-29	2	00:01:25	00:29:39.40	00:31:05.25	+00:08:17 (28.0%)	5:56	10.1 (72.1%)
86	PASZKO Daniel	872	WIECZORNE BIEGANIE SZCZECIN / KOMPAS TEAM POLICE	M3 40-49	22	00:03:51	00:29:43.25	00:33:35.15	+00:08:21 (28.1%)	5:56	10.1 (72.1%)
87	KOŁOMAŃSKI Hubert	1006		M2 30-39	38	00:38:21	00:29:45.05	01:08:07.00	+00:08:23 (28.2%)	5:57	10.1 (72.1%)
88	HAWRYLAK Marcin	766	BIEG KORCZAKA	M4 50-59	5	00:02:38	00:29:48.05	00:32:26.80	+00:08:26 (28.3%)	5:57	10.1 (72.1%)
89	LEWANDOWSKI Piotr	1154	SKB DZIK	M3 40-49	23	00:12:59	00:29:49.25	00:42:48.45	+00:08:27 (28.4%)	5:57	10.1 (72.1%)
90	MOTYL Wojciech	1087		M2 30-39	39	00:24:41	00:29:50.30	00:54:31.45	+00:08:28 (28.4%)	5:58	10.1 (72.1%)
91	PAŃCZYK Tomasz	979		M2 30-39	40	00:15:23	00:29:53.10	00:45:16.65	+00:08:31 (28.5%)	5:58	10 (71.4%)
92	TKACZUK Bartosz	741		M1 16-29	17	00:12:03	00:29:54.05	00:41:57.05	+00:08:32 (28.6%)	5:58	10 (71.4%)
93	RAKOCZY Bartosz	995	DZIKIE DZIKI GORZÓW	M2 30-39	41	00:09:44	00:29:55.50	00:39:40.40	+00:08:33 (28.6%)	5:59	10 (71.4%)
94	STRZEMIŃSKI Bartłomiej	846		M1 16-29	18	00:08:55	00:30:07.10	00:39:02.15	+00:08:45 (29.1%)	6:01	10 (71.4%)
95	ROMANOWICZ Monika	623	DZIKIE ŻÓŁWIE	K2 30-39	5	00:11:44	00:30:10.85	00:41:55.40	+00:08:49 (29.2%)	6:02	9.9 (70.7%)
96	DUDKA Robert	902		M2 30-39	42	00:18:06	00:30:11.05	00:48:18.00	+00:08:49 (29.2%)	6:02	9.9 (70.7%)
97	KOCZKODAJ Kamil	805	OŻW SZCZECIN	M2 30-39	43	00:15:00	00:30:12.70	00:45:13.25	+00:08:50 (29.3%)	6:02	9.9 (70.7%)
98	SIEDLER Martin	827		M2 30-39	44	02:12:05	00:30:13.15	02:42:18.25	+00:08:51 (29.3%)	6:02	9.9 (70.7%)
99	KAMIŃSKA Adrianna	976	BBL POLICE	K2 30-39	6	00:37:54	00:30:13.35	01:08:08.25	+00:08:51 (29.3%)	6:02	9.9 (70.7%)
100	POGORZELSKA Aleksandra	602	DECATHLON PIŁA	K1 16-29	3	00:07:58	00:30:17.40	00:38:16.20	+00:08:55 (29.5%)	6:03	9.9 (70.7%)
101	WITORZĘĆ Dariusz	710		M3 40-49	24	00:04:22	00:30:17.60	00:34:39.60	+00:08:55 (29.5%)	6:03	9.9 (70.7%)
102	SOWA Krzysztof	969		M2 30-39	45	00:04:14	00:30:22.40	00:34:36.60	+00:09:00 (29.7%)	6:04	9.9 (70.7%)
103	NAREJKO Paweł	821		M1 16-29	19	00:04:19	00:30:24.85	00:34:44.05	+00:09:03 (29.8%)	6:05	9.9 (70.7%)
104	OGRODZIŃSKI Przemysław	641		M2 30-39	46	00:02:06	00:30:25.30	00:32:31.65	+00:09:03 (29.8%)	6:05	9.9 (70.7%)
105	NIKLAS Małgorzata	711	KSF	K2 30-39	7	00:09:55	00:30:36.55	00:40:31.95	+00:09:14 (30.2%)	6:07	9.8 (70.0%)
106	ŁAWNICZAK Sebastian	845		M3 40-49	25	00:02:24	00:30:36.85	00:33:01.20	+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	WOŁK Marcin	712	KSF	M2 30-39	47	00:09:53	00:30:38.25	00:40:31.95	+00:09:16 (30.3%)	6:07	9.8 (70.0%)
108	BOCHENEK Michał	853	AFRO-FIT WATAHA CROSSFIT	M2 30-39	48	00:10:53	00:30:43.85	00:41:37.25	+00:09:22 (30.5%)	6:08	9.8 (70.0%)
109	CZAPLA Tomasz	977		M3 40-49	26	00:32:55	00:30:50.00	01:03:45.40	+00:09:28 (30.7%)	6:10	9.7 (69.3%)
110	NEJMAN Marcin	933	HAWAJSKIE REKINY	M1 16-29	20	00:03:16	00:30:51.75	00:34:08.00	+00:09:30 (30.8%)	6:10	9.7 (69.3%)
111	KONDELA Paweł	612	OŻW SZCZECIN	M3 40-49	27	00:15:03	00:30:52.70	00:45:55.70	+00:09:30 (30.8%)	6:10	9.7 (69.3%)
112	SCHULZE Stefan	745	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	6	00:06:22	00:30:56.75	00:37:19.65	+00:09:35 (31.0%)	6:11	9.7 (69.3%)
113	DOBRYCKI Piotr	1133	BRIDGESTONE STARGARD RUNNERS	M3 40-49	28	00:05:37	00:30:57.55	00:36:34.55	+00:09:35 (31.0%)	6:11	9.7 (69.3%)
114	MASYS Agnieszka	617	GRUPA MALBORK	K3 40-49	2	00:09:42	00:30:57.80	00:40:40.35	+00:09:36 (31.0%)	6:11	9.7 (69.3%)
115	GRALEWICZ Robert	600		M3 40-49	29	00:06:39	00:30:58.15	00:37:37.25	+00:09:36 (31.0%)	6:11	9.7 (69.3%)
115	WALCZAK Tadeusz	1057		M4 50-59	7	00:11:04	00:30:58.15	00:42:02.15	+00:09:36 (31.0%)	6:11	9.7 (69.3%)
117	SKRZYPIEC Andrzej	701	BIEGACZE ŚWINOUJŚCIE	M5 60+	1	00:13:17	00:30:58.25	00:44:15.45	+00:09:36 (31.0%)	6:11	9.7 (69.3%)
118	WOŁYŃSKI Dominik	1054		M2 30-39	49	00:23:30	00:30:58.75	00:54:29.65	+00:09:37 (31.0%)	6:11	9.7 (69.3%)
119	BOCK Agnieszka	728	BRAUNSCHWEIG HASH HOUSE HARRIERS	K2 30-39	8	00:06:32	00:30:59.20	00:37:31.55	+00:09:37 (31.1%)	6:11	9.7 (69.3%)
120	WASIELEWSKI Jakub	978		M2 30-39	50	00:32:51	00:31:00.15	01:03:51.45	+00:09:38 (31.1%)	6:12	9.7 (69.3%)
121	KRZYWIEC Marcin	1020		M2 30-39	51	00:01:53	00:31:00.35	00:32:54.30	+00:09:38 (31.1%)	6:12	9.7 (69.3%)
122	GÓSKI Tomasz	886	TEAM SPIRIT NOWA SÓL	M3 40-49	30	00:08:51	00:31:00.60	00:39:52.20	+00:09:38 (31.1%)	6:12	9.7 (69.3%)
123	DYWELSKI Marcin	1078	BRIDGESTONE STARGARD RUNNERS	M3 40-49	31	00:04:30	00:31:01.70	00:35:32.25	+00:09:39 (31.2%)	6:12	9.7 (69.3%)
124	BURDZIK Wojciech	975		M1 16-29	21	00:08:03	00:31:02.00	00:39:05.50	+00:09:40 (31.2%)	6:12	9.7 (69.3%)
125	KRAWIEC Mateusz	1145		M1 16-29	22	00:02:55	00:31:03.70	00:33:59.60	+00:09:41 (31.2%)	6:12	9.7 (69.3%)
126	URBANOWICZ Piotr	1143		M1 16-29	23	00:02:53	00:31:05.25	00:33:58.85	+00:09:43 (31.3%)	6:13	9.7 (69.3%)
127	PEDZIWIATR Marek	717		M3 40-49	32	00:09:19	00:31:11.30	00:40:30.60	+00:09:49 (31.5%)	6:14	9.6 (68.6%)
128	POŁOCZAŃSKI Piotr	811	SZWAGRY BIEGAJĄ	M2 30-39	52	00:02:04	00:31:12.80	00:33:16.90	+00:09:51 (31.6%)	6:14	9.6 (68.6%)
129	WILK Anna	1121		K1 16-29	4	00:13:08	00:31:13.50	00:44:21.65	+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	CZYŻEWSKI Mateusz	857	WKURW_TEAM	M2 30-39	53	00:05:51	00:31:16.50	00:37:07.80	+00:09:54 (31.7%)	6:15	9.6 (68.6%)
131	KRACZOWSKI Mirosław	1052		M3 40-49	33	00:03:18	00:31:17.50	00:34:36.10	+00:09:55 (31.7%)	6:15	9.6 (68.6%)
132	NĘDZUSIAK Dariusz	690	DBN SUKURS	M4 50-59	8	00:15:25	00:31:22.90	00:46:48.00	+00:10:01 (31.9%)	6:16	9.6 (68.6%)
133	CZYŻEWSKA Mirosława	856	WKURW_TEAM	K2 30-39	9	00:05:48	00:31:23.00	00:37:11.15	+00:10:01 (31.9%)	6:16	9.6 (68.6%)
134	KRZESIŃSKI Damian	815		M2 30-39	54	00:05:17	00:31:27.45	00:36:45.10	+00:10:05 (32.1%)	6:17	9.5 (67.9%)
135	PATZKE Ingo	738	BRAUNSCHWEIG HAS HOUSE HARRIERS	M4 50-59	9	00:07:28	00:31:27.95	00:38:56.15	+00:10:06 (32.1%)	6:17	9.5 (67.9%)
136	GĄGOL Marek	996	ZAMENA	M2 30-39	55	00:58:57	00:31:32.20	01:30:29.20	+00:10:10 (32.3%)	6:18	9.5 (67.9%)
137	FUDRO Edward	721		M5 60+	2	01:06:38	00:31:37.30	01:38:15.45	+00:10:15 (32.4%)	6:19	9.5 (67.9%)
138	PORAZIŃSKI Przemysław	806		M1 16-29	24	00:02:41	00:31:41.85	00:34:22.95	+00:10:20 (32.6%)	6:20	9.5 (67.9%)
139	ROJEWSKI Mateusz	855		M2 30-39	56	00:15:21	00:31:42.20	00:47:03.30	+00:10:20 (32.6%)	6:20	9.5 (67.9%)
140	BILIŃSKI Zbigniew	911	12BZ	M4 50-59	10	00:02:49	00:31:44.60	00:34:34.05	+00:10:22 (32.7%)	6:21	9.4 (67.1%)
141	GONTEK Łukasz	875	ŁOSOŚ TEAM	M2 30-39	57	00:11:32	00:31:44.90	00:43:17.70	+00:10:23 (32.7%)	6:21	9.4 (67.1%)
142	ROSZAK Zbigniew	647	WATAHA ŁĄCZY NAS BIEGANIE	M2 30-39	58	00:12:05	00:31:45.35	00:43:50.85	+00:10:23 (32.7%)	6:21	9.4 (67.1%)
143	MEUSIAK Rafał	720		M2 30-39	59	01:05:40	00:31:48.35	01:37:29.20	+00:10:26 (32.8%)	6:21	9.4 (67.1%)
144	SYCHEL Magdalena	719		K3 40-49	3	00:03:39	00:31:53.65	00:35:33.40	+00:10:31 (33.0%)	6:22	9.4 (67.1%)
145	KRUSZYNA Renata	760		K2 30-39	10	00:11:54	00:31:57.40	00:43:51.60	+00:10:35 (33.2%)	6:23	9.4 (67.1%)
146	NIEWCZAS Tomasz	937	DZIKA SIGMA	M3 40-49	34	00:04:52	00:32:00.20	00:36:52.85	+00:10:38 (33.2%)	6:24	9.4 (67.1%)
147	WÓJCIK Tomasz	758		M2 30-39	60	01:06:47	00:32:00.85	01:38:48.00	+00:10:39 (33.3%)	6:24	9.4 (67.1%)
148	MÜLLER Kathrin	757	BRAUNSCHWEIG HASH HOUSE HARRIERS	K4 50-59	1	00:06:48	00:32:05.00	00:38:53.70	+00:10:43 (33.4%)	6:25	9.4 (67.1%)
149	KUCHARCZYK Robert	764	RANGRYF	M4 50-59	11	00:46:24	00:32:05.65	01:18:30.50	+00:10:43 (33.4%)	6:25	9.3 (66.4%)
150	TOMASZEWSKI Łukasz	1038		M2 30-39	61	00:07:36	00:32:09.55	00:39:45.55	+00:10:47 (33.6%)	6:25	9.3 (66.4%)
151	KRZEMIEŃ Patrycja	627		K2 30-39	11	00:29:49	00:32:14.50	01:02:03.65	+00:10:52 (33.7%)	6:26	9.3 (66.4%)
152	KAMIONKA Andrzej	724	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	62	00:03:28	00:32:16.90	00:35:45.20	+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	ŚWIĄTEK Bronisław	624	TUP TUP RAZEM	M5 60+	3	01:37:39	00:32:19.20	02:09:59.05	+00:10:57 (33.9%)	6:28	9.3 (66.4%)
154	ZIÓŁKOWSKI Mieczysław	792		M4 50-59	12	00:11:57	00:32:23.75	00:44:20.90	+00:11:02 (34.1%)	6:28	9.3 (66.4%)
155	RADCZUK Mariusz	1075	KOMPAS TEAM	M3 40-49	35	00:03:23	00:32:24.35	00:35:47.95	+00:11:02 (34.1%)	6:28	9.3 (66.4%)
156	SZULC Marcin	817		M2 30-39	63	00:03:57	00:32:26.40	00:36:23.60	+00:11:04 (34.1%)	6:29	9.2 (65.7%)
157	RADCZUK Karolina	1056	KOMPAS TEAM	K2 30-39	12	00:03:21	00:32:26.85	00:35:47.85	+00:11:05 (34.2%)	6:29	9.2 (65.7%)
158	GERLICH Michael	759	BRAUNSCHWEIG HASH HOUSE	M4 50-59	13	00:06:25	00:32:28.30	00:38:54.25	+00:11:06 (34.2%)	6:29	9.2 (65.7%)
159	PŁUCIENNIK Andrzej	847		M1 16-29	25	00:09:03	00:32:31.55	00:41:35.35	+00:11:09 (34.3%)	6:30	9.2 (65.7%)
160	POSZUMSKA Gabriela	903		K1 16-29	5	00:17:17	00:32:33.25	00:49:50.85	+00:11:11 (34.4%)	6:30	9.2 (65.7%)
161	LÜLLMANN Jörg	739	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	14	00:06:20	00:32:36.65	00:38:57.15	+00:11:14 (34.5%)	6:31	9.2 (65.7%)
162	KAPŁANIAK Adrian	986	BBL POLICE	M2 30-39	64	00:09:34	00:32:41.45	00:42:16.35	+00:11:19 (34.7%)	6:32	9.2 (65.7%)
163	KUSTRA Paulina	843	BBL POLICE	K2 30-39	13	00:09:33	00:32:44.30	00:42:17.50	+00:11:22 (34.7%)	6:32	9.2 (65.7%)
164	BOCK Udo	729	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	36	00:06:18	00:32:44.50	00:39:02.65	+00:11:22 (34.8%)	6:32	9.2 (65.7%)
165	KIWILSKA Wojciech	583	IHUHU TEAM	M2 30-39	65	00:11:01	00:32:46.85	00:43:48.60	+00:11:25 (34.8%)	6:33	9.2 (65.7%)
166	SOBAŃSKA Karolina	916	SKB DZIK	K2 30-39	14	00:01:23	00:32:48.60	00:34:12.15	+00:11:26 (34.9%)	6:33	9.1 (65.0%)
167	DOMAGALSKI Sławomir	919	SKB DZIK	M3 40-49	37	00:03:14	00:32:49.60	00:36:03.60	+00:11:27 (34.9%)	6:33	9.1 (65.0%)
168	TUZ Bartosz	882	TEAM SPIRIT NOWA SÓL	M2 30-39	66	00:09:06	00:32:51.65	00:41:57.85	+00:11:29 (35.0%)	6:34	9.1 (65.0%)
169	WANTUCH Marzena	917	DZIKI WEEKEND	K2 30-39	15	00:01:21	00:32:51.70	00:34:12.70	+00:11:29 (35.0%)	6:34	9.1 (65.0%)
170	BUBEŁA Tomasz	1073		M3 40-49	38	00:38:34	00:32:54.00	01:11:28.75	+00:11:32 (35.1%)	6:34	9.1 (65.0%)
171	MICHALIK Tadeusz	918	SBKDZIK	M1 16-29	26	00:01:08	00:33:02.20	00:34:10.75	+00:11:40 (35.3%)	6:36	9.1 (65.0%)
172	ROSIŃSKA Kamila	948	BRIDGESTONE STARGARD RUNNERS	K2 30-39	16	00:02:17	00:33:07.20	00:35:24.40	+00:11:45 (35.5%)	6:37	9.1 (65.0%)
173	SZYDŁOWSKA Alina	1077		K2 30-39	17	00:05:12	00:33:10.15	00:38:23.00	+00:11:48 (35.6%)	6:38	9 (64.3%)
174	ZIELIŃSKA-MACIĄG Agnieszka	1076		K3 40-49	4	00:05:10	00:33:11.45	00:38:21.55	+00:11:49 (35.6%)	6:38	9 (64.3%)
175	MICHALIK Monika	1255		K3 40-49	5	00:00:59	00:33:12.70	00:34:12.15	+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	SZKUTNIK Arkadiusz	974	MON	M4 50-59	15	00:03:08	00:33:12.80	00:36:21.70	+00:11:51 (35.7%)	6:38	9 (64.3%)
177	GANCKE Grzegorz	1005		M3 40-49	39	00:50:25	00:33:14.65	01:23:39.70	+00:11:52 (35.7%)	6:38	9 (64.3%)
178	PAWŁOWSKI Karol	938	DZIKA SIGMA	M3 40-49	40	00:04:40	00:33:15.85	00:37:56.05	+00:11:54 (35.8%)	6:39	9 (64.3%)
179	LIASHENKO Lillia	752	TRIGYM	K1 16-29	6	00:05:05	00:33:19.85	00:38:25.40	+00:11:58 (35.9%)	6:40	9 (64.3%)
180	BIENIAS Emilia	947	RAGNAROK SZCZECIN	K1 16-29	7	00:50:18	00:33:20.05	01:23:38.65	+00:11:58 (35.9%)	6:40	9 (64.3%)
181	MURYN Dawid	951		M1 16-29	27	00:50:21	00:33:20.85	01:23:42.15	+00:11:59 (35.9%)	6:40	9 (64.3%)
182	HNAT Rafał	616	DECATHLON PIŁA	M3 40-49	41	00:08:12	00:33:25.60	00:41:37.70	+00:12:03 (36.1%)	6:41	9 (64.3%)
183	SYLDATK Patryk	1002		M1 16-29	28	00:07:41	00:33:37.95	00:41:19.40	+00:12:16 (36.5%)	6:43	8.9 (63.6%)
184	RAKOWSKI Piotr	860		M4 50-59	16	00:13:11	00:33:39.35	00:46:50.75	+00:12:17 (36.5%)	6:43	8.9 (63.6%)
185	WIECZOREK Jakub	651		M1 16-29	29	00:06:04	00:33:39.65	00:39:44.05	+00:12:17 (36.5%)	6:44	8.9 (63.6%)
186	BRZESKA Ewa	998	HELL'S HEAVEN SZCZECIN	K1 16-29	8	00:07:21	00:33:45.75	00:41:07.55	+00:12:24 (36.7%)	6:45	8.9 (63.6%)
187	LEWANDOWSKA Anna	747		K3 40-49	6	00:07:19	00:33:48.55	00:41:08.00	+00:12:26 (36.8%)	6:45	8.9 (63.6%)
188	ODRZYWOLSKI Michał	714	OŻW SZCZECIN	M2 30-39	67	00:25:54	00:33:49.20	00:59:43.90	+00:12:27 (36.8%)	6:45	8.9 (63.6%)
189	TROJANOWSKA-BARAN Aleksandra	715		K1 16-29	9	00:25:52	00:33:51.25	00:59:43.95	+00:12:29 (36.9%)	6:46	8.9 (63.6%)
190	ŁEBKOWSKI Karol	689		M3 40-49	42	00:10:48	00:33:51.55	00:44:40.05	+00:12:29 (36.9%)	6:46	8.9 (63.6%)
191	ZEMANKIEWICZ Łukasz	825	KANAŁ 6 AM	M2 30-39	68	00:13:29	00:33:52.35	00:47:22.10	+00:12:30 (36.9%)	6:46	8.9 (63.6%)
192	KOTWICKA Ela	930		K2 30-39	18	00:11:14	00:33:52.60	00:45:06.90	+00:12:30 (36.9%)	6:46	8.9 (63.6%)
193	PAWLUŚ Tomasz	589	SSPS CHEMIK POLICE	M3 40-49	43	00:02:26	00:33:53.15	00:36:20.05	+00:12:31 (37.0%)	6:46	8.8 (62.9%)
194	ORYL Mariusz	722	OŻW SZCZECIN	M2 30-39	69	00:25:49	00:33:54.00	00:59:43.65	+00:12:32 (37.0%)	6:46	8.8 (62.9%)
195	KOMSTA Beata	669	PAN WĄSKI I JEGO MAFIA	K3 40-49	7	00:02:36	00:33:55.15	00:36:31.55	+00:12:33 (37.0%)	6:47	8.8 (62.9%)
196	MĄDRAWSKI Tomasz	680		M3 40-49	44	00:19:20	00:33:59.95	00:53:20.10	+00:12:38 (37.2%)	6:48	8.8 (62.9%)
197	ZAKRZEWSKA Sylwia	700	FSD RUN DREZDENKO	K2 30-39	19	00:04:05	00:34:00.00	00:38:05.90	+00:12:38 (37.2%)	6:48	8.8 (62.9%)
198	NIEWADZIK Ula	932		K3 40-49	8	00:11:16	00:34:01.85	00:45:18.45	+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	KWILIŃSKI Emil	993		M3 40-49	45	00:03:11	00:34:04.00	00:37:15.65	+00:12:42 (37.3%)	6:48	8.8 (62.9%)
200	KRÜGER Swen	736	BRAUNSCHWEIG HASH HOUSE HARRIERS	M1 16-29	30	00:06:28	00:34:07.30	00:40:36.10	+00:12:45 (37.4%)	6:49	8.8 (62.9%)
201	KNIOŁA Agnieszka	606	PIŁA TEAM	K2 30-39	20	00:01:37	00:34:07.60	00:35:44.90	+00:12:45 (37.4%)	6:49	8.8 (62.9%)
202	LISOWSKI Krzysztof	895	TKKF CHOCIWEL	M2 30-39	70	00:12:38	00:34:15.00	00:46:53.50	+00:12:53 (37.6%)	6:51	8.8 (62.9%)
203	BEDNAREK Natalia	963	DECATHLON PIŁA	K1 16-29	10	00:08:01	00:34:17.00	00:42:18.05	+00:12:55 (37.7%)	6:51	8.8 (62.9%)
204	TRUKAWKA Andrzej	750	DZIKI ZAKWAS	M2 30-39	71	01:01:35	00:34:17.20	01:35:52.20	+00:12:55 (37.7%)	6:51	8.8 (62.9%)
205	TUMANOWICZ Tomasz	834		M3 40-49	46	00:12:16	00:34:18.35	00:46:34.55	+00:12:56 (37.7%)	6:51	8.7 (62.1%)
206	ZDUNEK Piotr	1000		M2 30-39	72	01:01:38	00:34:18.70	01:35:57.20	+00:12:56 (37.7%)	6:51	8.7 (62.1%)
207	KRUPIEŃCZYK Joanna	587		K2 30-39	21	00:43:45	00:34:20.30	01:18:06.10	+00:12:58 (37.8%)	6:52	8.7 (62.1%)
208	PODOLAK Julia	908		K1 16-29	11	00:05:40	00:34:26.45	00:40:06.95	+00:13:04 (38.0%)	6:53	8.7 (62.1%)
209	SZMYT Marcin	810	SZWAGRY BIEGAJĄ	M2 30-39	73	00:02:19	00:34:27.80	00:36:47.60	+00:13:06 (38.0%)	6:53	8.7 (62.1%)
210	LEWANDOWSKA Malgorzata	727	TG'SOKÓŁ GNIEWKOWO	K4 50-59	2	00:11:50	00:34:28.50	00:46:18.95	+00:13:06 (38.0%)	6:53	8.7 (62.1%)
211	KACPRZAK Beata	1091		K2 30-39	22	00:08:48	00:34:29.70	00:43:18.45	+00:13:07 (38.1%)	6:54	8.7 (62.1%)
212	KRZESIŃSKA Katarzyna	814	BOHAR PALETY RUNNERS	K2 30-39	23	00:05:15	00:34:31.70	00:39:46.70	+00:13:09 (38.1%)	6:54	8.7 (62.1%)
213	PIETNICKA Marta	1043		K2 30-39	24	00:07:17	00:34:35.95	00:41:52.95	+00:13:14 (38.3%)	6:55	8.7 (62.1%)
214	KRUPIEŃCZYK Michał	667		M2 30-39	74	00:43:38	00:34:36.15	01:18:15.05	+00:13:14 (38.3%)	6:55	8.7 (62.1%)
215	BOBROWSKI Emanuel	1146		M1 16-29	31	00:19:07	00:34:37.65	00:53:45.05	+00:13:15 (38.3%)	6:55	8.7 (62.1%)
216	SUCHODOLSKA Aleksandra	638	DZIKIE ŻÓŁWIE	K2 30-39	25	00:11:41	00:34:38.60	00:46:20.50	+00:13:16 (38.3%)	6:55	8.7 (62.1%)
217	ŚWIETLIK Alicja	716		K4 50-59	3	00:09:50	00:34:39.75	00:44:29.80	+00:13:18 (38.4%)	6:55	8.7 (62.1%)
218	DORAWA-ZIOMEK Anna	622	DZIKIE ŻÓŁWIE	K2 30-39	26	00:11:39	00:34:39.85	00:46:19.25	+00:13:18 (38.4%)	6:56	8.7 (62.1%)
219	ZAKOŚCIELNA Katarzyna	626	DZIKIE ŻÓŁWIE	K2 30-39	27	00:11:36	00:34:45.30	00:46:21.90	+00:13:23 (38.5%)	6:57	8.6 (61.4%)
220	ŁEMPKOWSKI Janusz	982	DLL PARTNERS	M3 40-49	47	00:28:31	00:34:47.30	01:03:18.70	+00:13:25 (38.6%)	6:57	8.6 (61.4%)
221	ŚWIERCZ Dariusz	605	KPPSP WAŁCZ	M4 50-59	17	00:08:08	00:34:50.30	00:42:58.40	+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	GADOWSKI Wojciech	753	NIE PROWOKUJ LOCHY MIERZYN	M2 30-39	75	00:07:48	00:34:52.50	00:42:40.70	+00:13:30 (38.7%)	6:58	8.6 (61.4%)
223	ŻYLUK-GADOWSKA Paulina	754	NIE PROWOKUJ LOCHY MIERZYN	K2 30-39	28	00:07:44	00:34:55.75	00:42:40.35	+00:13:34 (38.8%)	6:59	8.6 (61.4%)
224	ŻARCZYŃSKI Błażej	1102	BIEGAM U KOLESI	M2 30-39	76	00:07:06	00:34:55.80	00:42:02.75	+00:13:34 (38.8%)	6:59	8.6 (61.4%)
225	TOMCZAK Joanna	897	DIRTY SPARROWS	K2 30-39	29	00:10:37	00:34:56.20	00:45:33.70	+00:13:34 (38.9%)	6:59	8.6 (61.4%)
226	SERKOWSKA Paulina	1101		K1 16-29	12	00:07:03	00:34:59.15	00:42:02.75	+00:13:37 (38.9%)	6:59	8.6 (61.4%)
227	ZARZECZAŃSKA-JANASIK Blanka	613		K2 30-39	30	00:01:18	00:35:05.95	00:36:24.30	+00:13:44 (39.1%)	7:01	8.5 (60.7%)
228	MISIASZEK Mirosław	1036		M4 50-59	18	00:06:08	00:35:16.25	00:41:24.95	+00:13:54 (39.4%)	7:03	8.5 (60.7%)
229	NOWAK Marta	1064		K2 30-39	31	00:07:33	00:35:20.40	00:42:53.80	+00:13:58 (39.6%)	7:04	8.5 (60.7%)
230	HINDZIUK Artsiom	936	DZIKA SIGMA	M2 30-39	77	00:04:46	00:35:23.10	00:40:09.35	+00:14:01 (39.6%)	7:04	8.5 (60.7%)
231	SALAUYOU Raman	939	DZIKA SIGMA	M1 16-29	32	00:04:43	00:35:24.70	00:40:08.40	+00:14:02 (39.7%)	7:05	8.5 (60.7%)
232	CHUDZIŃSKI Bartosz	718	OŻW W SZCZECINIE	M3 40-49	48	00:14:54	00:35:29.40	00:50:24.35	+00:14:07 (39.8%)	7:06	8.5 (60.7%)
233	BIEGANSKI Tomasz	876		M2 30-39	78	00:03:00	00:35:35.30	00:38:35.30	+00:14:13 (40.0%)	7:07	8.4 (60.0%)
234	CARŁO Marcin	801	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49	49	00:03:49	00:35:39.75	00:39:29.15	+00:14:18 (40.1%)	7:08	8.4 (60.0%)
235	BOBROWSKI Daniel	1144		M1 16-29	33	00:02:51	00:35:41.80	00:38:33.50	+00:14:20 (40.2%)	7:08	8.4 (60.0%)
236	SAKOWSKA-CARŁO Magda	802	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	32	00:03:46	00:35:42.00	00:39:28.95	+00:14:20 (40.2%)	7:08	8.4 (60.0%)
237	REBELKA Małgorzata	869		K1 16-29	13	00:10:55	00:35:42.85	00:46:38.05	+00:14:21 (40.2%)	7:08	8.4 (60.0%)
238	ORLON Barbara	699	FSD RUN DREZDENKO	K4 50-59	4	00:04:02	00:35:45.50	00:39:48.05	+00:14:23 (40.3%)	7:09	8.4 (60.0%)
239	ARCZYŃSKI Jakub	808		M2 30-39	79	00:16:13	00:35:45.70	00:51:59.50	+00:14:23 (40.3%)	7:09	8.4 (60.0%)
240	STOCK Heiko	743	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	50	00:06:46	00:35:52.30	00:42:38.50	+00:14:30 (40.4%)	7:10	8.4 (60.0%)
241	PADUCH Piotr	905		M2 30-39	80	00:07:56	00:35:57.75	00:43:53.90	+00:14:36 (40.6%)	7:11	8.3 (59.3%)
242	GRODZIŃSKI Arkadiusz	640	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M3 40-49	51	00:03:54	00:36:01.05	00:39:55.70	+00:14:39 (40.7%)	7:12	8.3 (59.3%)
243	WIECZOREK Magdalena	656		K3 40-49	9	00:06:02	00:36:01.85	00:42:04.25	+00:14:40 (40.7%)	7:12	8.3 (59.3%)
244	KAROL Sławomir	793	LOSZKI I WARCHLAKI	M4 50-59	19	00:09:24	00:36:02.20	00:45:26.50	+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	MURAWSKI Rafał	921	ŁOSOŚ TEAM	M3 40-49	52	00:11:34	00:36:07.65	00:47:42.40	+00:14:45 (40.9%)	7:13	8.3 (59.3%)
246	LOBA Zuzanna	873	DZIK	K1 16-29	14	00:19:09	00:36:07.90	00:55:17.65	+00:14:46 (40.9%)	7:13	8.3 (59.3%)
247	TRZECIAK Piotr	807		M2 30-39	81	00:16:16	00:36:10.35	00:52:26.80	+00:14:48 (40.9%)	7:14	8.3 (59.3%)
248	PUPEK Małgorzata	687	WILKI Z CIECHOCINKA	K2 30-39	33	00:10:43	00:36:15.60	00:46:58.90	+00:14:53 (41.1%)	7:15	8.3 (59.3%)
249	SZYSZKO Artur	1140	DLL PARTNERS	M3 40-49	53	00:30:47	00:36:19.10	01:07:06.95	+00:14:57 (41.2%)	7:15	8.3 (59.3%)
250	PETRUSIEWICZ Paweł	797		M1 16-29	34	00:04:55	00:36:19.90	00:41:15.05	+00:14:58 (41.2%)	7:16	8.3 (59.3%)
251	ULASS Patrycja	786		K1 16-29	15	00:51:20	00:36:22.75	01:27:43.20	+00:15:01 (41.3%)	7:16	8.2 (58.6%)
252	LEŚNIEWSKI Wojciech	1136	DLL PARTNERS	M3 40-49	54	00:30:43	00:36:23.95	01:07:07.35	+00:15:02 (41.3%)	7:16	8.2 (58.6%)
253	KOWALKOWSKA Beata	913		K2 30-39	34	00:44:07	00:36:25.90	01:20:33.70	+00:15:04 (41.4%)	7:17	8.2 (58.6%)
254	DĄBROWSKA Paulina	744		K1 16-29	16	00:38:17	00:36:28.10	01:14:45.25	+00:15:06 (41.4%)	7:17	8.2 (58.6%)
255	MURAWSKA Wioletta	1061	SKB DZIK	K4 50-59	5	00:01:48	00:36:29.10	00:38:17.30	+00:15:07 (41.4%)	7:17	8.2 (58.6%)
256	KRAWCZYK Paweł	649	OPONKI TEAM	M1 16-29	35	00:05:04	00:36:30.95	00:41:35.05	+00:15:09 (41.5%)	7:18	8.2 (58.6%)
257	GERLICH Klaus	734	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	20	00:06:05	00:36:32.70	00:42:38.20	+00:15:10 (41.5%)	7:18	8.2 (58.6%)
258	MARSCZAŁKOWSKA Dorota	1081	KM PSP KOSZALIN	K4 50-59	6	00:05:08	00:36:34.25	00:41:42.25	+00:15:12 (41.6%)	7:18	8.2 (58.6%)
259	LEONOWICZ Martyna	1050	OPONKI TEAM	K1 16-29	17	00:05:00	00:36:35.30	00:41:35.65	+00:15:13 (41.6%)	7:19	8.2 (58.6%)
260	SCHMIDT Thomas	756	BRAUNSCHWEIG HASH HOUSE HARRIERS	M2 30-39	82	00:06:51	00:36:37.65	00:43:29.10	+00:15:15 (41.7%)	7:19	8.2 (58.6%)
261	PATZKE Petra	737	BRAUNSCHWEIG HASH HOUSE HARRIERS	K4 50-59	7	00:07:26	00:36:37.80	00:44:04.40	+00:15:16 (41.7%)	7:19	8.2 (58.6%)
262	SZAKOLA Paweł	862		M2 30-39	83	00:38:45	00:36:40.85	01:15:26.55	+00:15:19 (41.8%)	7:20	8.2 (58.6%)
263	GEILICH Katja	733	BRAUNSCHWEIG HASH HOUSE HARRIERS	K2 30-39	35	00:06:44	00:36:42.20	00:43:26.50	+00:15:20 (41.8%)	7:20	8.2 (58.6%)
264	SITEK Alfred	789		M3 40-49	55	00:50:59	00:36:43.40	01:27:43.25	+00:15:21 (41.8%)	7:20	8.2 (58.6%)
265	PIOTROWSKA Małgorzata	848		K1 16-29	18	00:08:58	00:36:49.85	00:45:48.50	+00:15:28 (42.0%)	7:22	8.1 (57.9%)
266	SYCH Zbigniew	839	KB KAMIEŃ POMORSKI	M3 40-49	56	00:14:42	00:36:53.85	00:51:36.35	+00:15:32 (42.1%)	7:22	8.1 (57.9%)
267	POST Marcin	864		M2 30-39	84	00:38:39	00:36:54.35	01:15:34.05	+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	SYCH Małgorzata	838	KB KAMIEŃ POMORSKI	K3 40-49	10	00:14:40	00:36:56.00	00:51:36.15	+00:15:34 (42.2%)	7:23	8.1 (57.9%)
268	SUSZA Małgorzata	643		K3 40-49	10	00:12:42	00:36:56.00	00:49:38.35	+00:15:34 (42.2%)	7:23	8.1 (57.9%)
270	ZYGIEL- SZAKOŁA Aneta	863		K2 30-39	36	00:38:37	00:36:56.05	01:15:33.50	+00:15:34 (42.2%)	7:23	8.1 (57.9%)
271	WOJTKOWIAK Rafał	999		M3 40-49	57	00:36:35	00:36:58.30	01:13:33.30	+00:15:36 (42.2%)	7:23	8.1 (57.9%)
272	ŁEMPKOWSKA Beata	980	DLL PARTNERS	K3 40-49	12	00:28:28	00:37:00.65	01:05:29.05	+00:15:38 (42.3%)	7:24	8.1 (57.9%)
273	JEZIOREK Agnieszka	774		K3 40-49	13	00:16:06	00:37:05.60	00:53:11.85	+00:15:43 (42.4%)	7:25	8.1 (57.9%)
274	WIŚNIEWSKA Marta	585	IHUHU TEAM	K1 16-29	19	00:11:11	00:37:09.80	00:48:21.35	+00:15:48 (42.5%)	7:26	8.1 (57.9%)
275	PRABUCKA Weronika	1129	UKL OSEMKA POLICE	K1 16-29	20	00:25:45	00:37:11.40	01:02:56.55	+00:15:49 (42.6%)	7:26	8.1 (57.9%)
276	MLECZEK Roman	775		M3 40-49	58	00:16:03	00:37:13.70	00:53:17.35	+00:15:51 (42.6%)	7:26	8.1 (57.9%)
277	BLAHAK David	958	VO2 MAX TEAM	M1 16-29	36	01:17:06	00:37:13.85	01:54:19.95	+00:15:52 (42.6%)	7:26	8.1 (57.9%)
278	POŹNIAK Aleksandra	769	DZIKIE DZIECI GORZÓW	K2 30-39	37	00:09:38	00:37:15.00	00:46:53.00	+00:15:53 (42.7%)	7:27	8.1 (57.9%)
279	KIERUJ Jakub	837	IHUHU TEAM	M1 16-29	37	00:11:06	00:37:15.30	00:48:21.65	+00:15:53 (42.7%)	7:27	8.1 (57.9%)
280	NASIADEK Arkadiusz	725		M3 40-49	59	00:14:57	00:37:18.10	00:52:15.70	+00:15:56 (42.7%)	7:27	8 (57.1%)
281	WALENT Marta	870		K2 30-39	38	00:10:29	00:37:34.75	00:48:04.25	+00:16:13 (43.2%)	7:31	8 (57.1%)
282	BOCHENEK Jadwiga	854	AFRO-FIT WATAHA CROSSFIT	K2 30-39	39	00:09:08	00:37:35.45	00:46:44.05	+00:16:13 (43.2%)	7:31	8 (57.1%)
283	GRALEWICZ Magdalena	599		K3 40-49	14	00:05:25	00:37:36.35	00:43:01.45	+00:16:14 (43.2%)	7:31	8 (57.1%)
284	CUPRYJAK Sebastian	1115		M2 30-39	85	00:07:53	00:37:48.60	00:45:41.70	+00:16:26 (43.5%)	7:33	7.9 (56.4%)
285	POST Mariola	865		K3 40-49	15	00:38:42	00:37:49.25	01:16:31.25	+00:16:27 (43.5%)	7:33	7.9 (56.4%)
286	WOJCIECHOWSKA Maja	1116		K1 16-29	21	00:07:50	00:37:50.65	00:45:41.05	+00:16:28 (43.6%)	7:34	7.9 (56.4%)
287	TUZ Gabriela	888	TEAM SPIRIT NOWA SÓL	K2 30-39	40	00:08:44	00:37:56.45	00:46:41.05	+00:16:34 (43.7%)	7:35	7.9 (56.4%)
288	NOWAK Zbigniew	926	KB DZIK	M5 60+	4	00:45:33	00:38:14.75	01:23:48.25	+00:16:53 (44.1%)	7:39	7.8 (55.7%)
289	MAJCHER Agata	596	PIŁA TEAM	K1 16-29	22	00:02:00	00:38:15.85	00:40:16.10	+00:16:54 (44.2%)	7:39	7.8 (55.7%)
290	MAŁECKI Sebastian	773		M2 30-39	86	00:13:05	00:38:20.35	00:51:26.05	+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	JUSINSKA Anna	771		K3 40-49	16	00:39:29	00:38:22.85	01:17:52.45	+00:17:01 (44.3%)	7:40	7.8 (55.7%)
292	KUPNIEWSKA Aleksandra	620	KOMPAS TEAM	K2 30-39	41	00:06:53	00:38:23.05	00:45:16.90	+00:17:01 (44.3%)	7:40	7.8 (55.7%)
293	MAŁECKA Anna	772		K3 40-49	17	00:13:02	00:38:23.65	00:51:25.90	+00:17:01 (44.4%)	7:40	7.8 (55.7%)
294	CAŁKA Barbara	914		K3 40-49	18	00:12:45	00:38:24.10	00:51:10.00	+00:17:02 (44.4%)	7:41	7.8 (55.7%)
295	BACHORSKA Dorota	767	FITOSKI TEAM	K3 40-49	19	00:39:26	00:38:27.85	01:17:54.55	+00:17:06 (44.5%)	7:41	7.8 (55.7%)
296	WOŹNIAK Rafał	582	IHUHU TEAM	M2 30-39	87	00:10:59	00:38:29.80	00:49:29.10	+00:17:08 (44.5%)	7:42	7.8 (55.7%)
297	KORZENIAK Wojciech	800		M1 16-29	38	00:39:13	00:38:31.45	01:17:44.65	+00:17:09 (44.5%)	7:42	7.8 (55.7%)
298	KLIMEK Krzysztof	726		M3 40-49	60	00:43:42	00:38:32.05	01:22:14.40	+00:17:10 (44.6%)	7:42	7.8 (55.7%)
299	KAROL Monika	794	LOSZKI I WARCHLAKI	K1 16-29	23	00:09:27	00:38:33.40	00:48:00.75	+00:17:11 (44.6%)	7:42	7.8 (55.7%)
300	MIKICIUK Natalia	799		K1 16-29	24	00:39:10	00:38:34.15	01:17:44.90	+00:17:12 (44.6%)	7:42	7.8 (55.7%)
301	STAŃCZYK Sławomir	906	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	88	00:15:42	00:38:36.30	00:54:18.50	+00:17:14 (44.7%)	7:43	7.8 (55.7%)
302	PCIONEK Jacek	833		M2 30-39	89	00:12:13	00:38:44.25	00:50:58.15	+00:17:22 (44.9%)	7:45	7.7 (55.0%)
303	PIERZAKOWSKA Agnieszka	614	SZALONE MAMUŚKI	K2 30-39	42	00:05:22	00:38:45.60	00:44:08.45	+00:17:23 (44.9%)	7:45	7.7 (55.0%)
304	SIDORCZUK Tomasz	929	KLUB BIEGAJĄCYCH LEŚNIKÓW	M3 40-49	61	00:28:03	00:38:47.25	01:06:50.85	+00:17:25 (44.9%)	7:45	7.7 (55.0%)
305	KUNIKOWSKI Patryk	671	STARGARD JA SIĘ NIE ŚCIGAM	M2 30-39	90	00:15:39	00:38:47.80	00:54:27.25	+00:17:26 (44.9%)	7:45	7.7 (55.0%)
306	MISIUK Marta	618		K2 30-39	43	00:05:20	00:38:49.30	00:44:09.50	+00:17:27 (45.0%)	7:45	7.7 (55.0%)
307	WRÓŃSKI Julian	990	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	91	00:15:35	00:38:53.20	00:54:29.00	+00:17:31 (45.1%)	7:46	7.7 (55.0%)
308	DANILUK Małgorzata	809		K1 16-29	25	00:51:24	00:38:53.30	01:30:17.30	+00:17:31 (45.1%)	7:46	7.7 (55.0%)
309	KUNIKOWSKA Patrycja	672	STARGARD JA SIĘ NIE ŚCIGAM	K2 30-39	44	00:15:32	00:38:54.90	00:54:27.00	+00:17:33 (45.1%)	7:47	7.7 (55.0%)
310	JADRYCH Zbigniew	915		M3 40-49	62	00:15:28	00:38:56.20	00:54:24.25	+00:17:34 (45.1%)	7:47	7.7 (55.0%)
311	DZIEDZINA Roksana	708	KLUB SPORTOWY FITNESS	K2 30-39	45	00:09:57	00:39:06.10	00:49:03.20	+00:17:44 (45.4%)	7:49	7.7 (55.0%)
312	GOWORSKI Jerzy	842	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	92	00:37:17	00:39:06.70	01:16:24.20	+00:17:44 (45.4%)	7:49	7.7 (55.0%)
313	LINOWSKI Włodzimierz	989		M1 16-29	39	01:41:17	00:39:29.40	02:20:46.60	+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	SZCZUKIEWICZ Aneta	1090	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	46	01:41:13	00:39:32.95	02:20:46.80	+00:18:11 (46.0%)	7:54	7.6 (54.3%)
315	LEŚNIEWSKA Julia	1139	DLL PARTNERS	K3 40-49	20	00:30:40	00:39:35.75	01:10:16.20	+00:18:14 (46.0%)	7:55	7.6 (54.3%)
316	WIELGUS-ULATOWSKA Joanna	942	HELLS HEAVEN SZCZECIN	K2 30-39	47	00:07:13	00:39:46.20	00:46:59.90	+00:18:24 (46.3%)	7:57	7.5 (53.6%)
317	JAŚKIEWICZ Krzysztof	682	MSPORT	M3 40-49	63	00:05:54	00:39:47.45	00:45:41.95	+00:18:25 (46.3%)	7:57	7.5 (53.6%)
318	KULEWSKA Joanna	1097	NORDICOWELOVE POLICE	K3 40-49	21	00:10:05	00:39:56.20	00:50:01.50	+00:18:34 (46.5%)	7:59	7.5 (53.6%)
319	PIEPRZOWSKA Sylwia	877		K3 40-49	22	00:10:03	00:39:58.15	00:50:01.20	+00:18:36 (46.6%)	7:59	7.5 (53.6%)
319	MYTYCH Ilona	1044	EXT-WLF	K1 16-29	26	00:44:18	00:39:58.15	01:24:16.25	+00:18:36 (46.6%)	7:59	7.5 (53.6%)
321	NAJMARK Małgorzata	695	NORDICOVE LOVE POLICE	K3 40-49	23	00:10:00	00:40:01.00	00:50:01.20	+00:18:39 (46.6%)	8:00	7.5 (53.6%)
322	KRZEMIŃSKI Paweł	967	EXT-WLF	M1 16-29	40	00:44:15	00:40:02.80	01:24:17.80	+00:18:41 (46.7%)	8:00	7.5 (53.6%)
323	ZAWADZKI Andrzej	968	EXT-WLF	M1 16-29	41	00:44:11	00:40:04.95	01:24:16.65	+00:18:43 (46.7%)	8:01	7.5 (53.6%)
324	ZIELIŃSKI Bartosz	900		M2 30-39	93	00:12:54	00:40:09.25	00:53:03.40	+00:18:47 (46.8%)	8:01	7.5 (53.6%)
325	ZIELINSKI Arkadiusz	899		M2 30-39	94	00:12:52	00:40:10.70	00:53:03.60	+00:18:48 (46.8%)	8:02	7.5 (53.6%)
326	BORODZIUK Magdalena	776	WOT	K3 40-49	24	00:09:22	00:40:11.80	00:49:34.30	+00:18:50 (46.9%)	8:02	7.5 (53.6%)
327	TOMICZAK Marta	661		K3 40-49	25	00:04:24	00:40:13.90	00:44:38.15	+00:18:52 (46.9%)	8:02	7.5 (53.6%)
328	KUŹMIŃSKA Weronika	696		K1 16-29	27	00:08:27	00:40:17.30	00:48:44.95	+00:18:55 (47.0%)	8:03	7.4 (52.9%)
329	LEBIODA Alicja	880		K3 40-49	26	00:10:46	00:40:19.00	00:51:05.15	+00:18:57 (47.0%)	8:03	7.4 (52.9%)
330	MAJCHER Małgorzata	597	PIŁA TEAM	K3 40-49	27	00:01:59	00:40:31.10	00:42:30.25	+00:19:09 (47.3%)	8:06	7.4 (52.9%)
331	SAWICKA - WERS Urszula	707	SAR-BSR KOŁOBRZEG MARATON TEAM	K2 30-39	48	00:12:22	00:40:42.45	00:53:04.95	+00:19:20 (47.5%)	8:08	7.4 (52.9%)
332	BIEGAŃSKI Piotr	1089		M2 30-39	95	00:02:57	00:40:44.55	00:43:42.10	+00:19:22 (47.6%)	8:09	7.4 (52.9%)
333	BEDNARZ Katarzyna	702		K3 40-49	28	00:12:19	00:40:44.85	00:53:04.70	+00:19:23 (47.6%)	8:09	7.4 (52.9%)
334	GUMIELA Adam	828	MELVITRUN	M2 30-39	96	00:18:10	00:40:46.45	00:58:57.20	+00:19:24 (47.6%)	8:09	7.4 (52.9%)
335	KOZŁOWSKI Piotr	611	NIECH KTOŚ WEZWIE KARETKĘ	M2 30-39	97	00:22:40	00:40:46.85	01:03:27.40	+00:19:25 (47.6%)	8:09	7.4 (52.9%)
336	SZYPLOWSKI Dorian	778		M2 30-39	98	00:22:49	00:40:53.90	01:03:43.60	+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	KŁYS Robert	829	WDŚ KMP	M3 40-49	64	00:18:04	00:40:54.45	00:58:58.55	+00:19:32 (47.8%)	8:10	7.3 (52.1%)
338	MUSKAŁA Beata	831	WDŚ KMP	K4 50-59	8	00:18:01	00:40:57.50	00:58:59.10	+00:19:35 (47.8%)	8:11	7.3 (52.1%)
339	NOWOTNIK Wojciech	960		M2 30-39	99	01:15:54	00:40:57.55	01:56:51.90	+00:19:35 (47.8%)	8:11	7.3 (52.1%)
340	KUCHARCZYK Paulina	782		K1 16-29	28	00:46:49	00:40:58.90	01:27:48.70	+00:19:37 (47.9%)	8:11	7.3 (52.1%)
341	OLEŃDZKI Michał	832	WDŚ KMP	M2 30-39	100	00:17:59	00:40:59.70	00:58:59.15	+00:19:37 (47.9%)	8:12	7.3 (52.1%)
342	LIPKA Radosław	830	WDŚ KMP	M2 30-39	101	00:17:56	00:41:01.75	00:58:58.45	+00:19:40 (47.9%)	8:12	7.3 (52.1%)
343	STACH Sara	959		K1 16-29	29	01:15:58	00:41:10.65	01:57:09.00	+00:19:48 (48.1%)	8:14	7.3 (52.1%)
344	WIECZOREK Wojciech	654		M3 40-49	65	00:06:15	00:41:10.70	00:47:26.25	+00:19:48 (48.1%)	8:14	7.3 (52.1%)
345	MRÓZ Tomek	698		M3 40-49	66	01:15:21	00:41:11.40	01:56:33.35	+00:19:49 (48.1%)	8:14	7.3 (52.1%)
346	PARADOWSKI Piotr	697	KB WYSZKÓW	M1 16-29	42	00:58:51	00:41:20.50	01:40:12.30	+00:19:58 (48.3%)	8:16	7.3 (52.1%)
347	BIELSKA Ola	703		K2 30-39	49	01:15:17	00:41:23.00	01:56:40.75	+00:20:01 (48.4%)	8:16	7.2 (51.4%)
348	DROZDEK Joanna	608	KOMPAS TEAM	K3 40-49	29	00:06:56	00:41:24.05	00:48:20.40	+00:20:02 (48.4%)	8:16	7.2 (51.4%)
349	DYDEK Dorota	1162	SKB DZIK	K4 50-59	9	01:28:06	00:41:24.15	02:09:30.20	+00:20:02 (48.4%)	8:16	7.2 (51.4%)
350	ZAWISZA Tomasz	889	BRIDGESTONE STARGARD RUNNERS	M3 40-49	67	00:02:34	00:41:24.75	00:43:59.00	+00:20:03 (48.4%)	8:17	7.2 (51.4%)
351	ANIELSKI Michał	858		M2 30-39	102	00:14:52	00:41:31.95	00:56:24.75	+00:20:10 (48.6%)	8:18	7.2 (51.4%)
352	ANIELSKI Sławomir	894		M1 16-29	43	00:14:50	00:41:36.10	00:56:26.25	+00:20:14 (48.6%)	8:19	7.2 (51.4%)
353	STEMPNIAK Zbigniew	675	REBELS LEGION TEAM	M3 40-49	68	00:05:33	00:41:38.70	00:47:12.05	+00:20:16 (48.7%)	8:19	7.2 (51.4%)
354	ŻOŁNACZ Radek	892		M2 30-39	103	00:14:47	00:41:40.75	00:56:28.55	+00:20:19 (48.7%)	8:20	7.2 (51.4%)
355	ANIELSKA Anna	893		K2 30-39	50	00:14:45	00:41:43.35	00:56:29.05	+00:20:21 (48.8%)	8:20	7.2 (51.4%)
355	KOZŁOWSKA-BANIAK Paulina	949	BRIDGESTONE STARGARD RUNNERS	K3 40-49	30	00:02:15	00:41:43.35	00:43:58.65	+00:20:21 (48.8%)	8:20	7.2 (51.4%)
357	ZIELIŃSKA-RYŻ Katarzyna	970	DLL PARTNERS	K2 30-39	51	00:28:25	00:41:43.50	01:10:08.80	+00:20:21 (48.8%)	8:20	7.2 (51.4%)
358	SEŃ Agata	859		K2 30-39	52	00:14:36	00:41:52.40	00:56:29.15	+00:20:30 (49.0%)	8:22	7.2 (51.4%)
359	KAROLCZAK Magdalena	584	IHUUH TEAM	K3 40-49	31	00:11:09	00:41:53.75	00:53:03.15	+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	BANAŚ Anna	981	DLL PARTNERS	K2 30-39	53	00:27:52	00:42:10.20	01:10:02.50	+00:20:48 (49.3%)	8:26	7.1 (50.7%)
361	CHROBOCIŃSKA Elżbieta	820		K4 50-59	10	00:19:51	00:42:10.35	01:02:01.55	+00:20:48 (49.3%)	8:26	7.1 (50.7%)
362	PUFF Agata	987	DLL PARTNERS	K2 30-39	54	00:27:46	00:42:15.55	01:10:02.15	+00:20:53 (49.4%)	8:27	7.1 (50.7%)
363	CHROBOCINSKI Daniel	819		M1 16-29	44	00:19:57	00:42:16.05	01:02:13.40	+00:20:54 (49.5%)	8:27	7.1 (50.7%)
364	GŁUSZYK Małgorzata	844		K2 30-39	55	00:04:11	00:42:21.10	00:46:32.90	+00:20:59 (49.6%)	8:28	7.1 (50.7%)
365	PARYPA Hanna	849		K2 30-39	56	00:04:08	00:42:24.05	00:46:32.70	+00:21:02 (49.6%)	8:28	7.1 (50.7%)
366	PYREK Iwona	662		K2 30-39	57	00:43:59	00:42:30.45	01:26:30.15	+00:21:08 (49.7%)	8:30	7.1 (50.7%)
367	RUTKOWSKA Anna	648	WATAHA WAŁCZ	K4 50-59	11	00:43:56	00:42:34.85	01:26:30.95	+00:21:13 (49.8%)	8:30	7 (50.0%)
368	LIUDA Sautana	692		K1 16-29	30	00:03:34	00:42:36.95	00:46:11.65	+00:21:15 (49.9%)	8:31	7 (50.0%)
369	ZADROŻNY Szymon	657		M3 40-49	69	00:43:52	00:42:38.15	01:26:30.65	+00:21:16 (49.9%)	8:31	7 (50.0%)
370	MAŁKOWSKA Ewa	878		K3 40-49	32	02:23:13	00:43:09.45	03:06:22.75	+00:21:47 (50.5%)	8:37	7 (50.0%)
371	KARAKUŁA Krzysztof	1079		M1 16-29	45	00:02:12	00:43:11.00	00:45:23.75	+00:21:49 (50.5%)	8:38	6.9 (49.3%)
372	RYBCZYK Joanna	1032		K1 16-29	31	00:02:10	00:43:13.35	00:45:23.80	+00:21:51 (50.6%)	8:38	6.9 (49.3%)
373	NIEZGODA Adam	619	KOMPAS TEAM	M3 40-49	70	00:06:58	00:43:19.70	00:50:18.65	+00:21:57 (50.7%)	8:40	6.9 (49.3%)
374	ULASS Robert	787		M3 40-49	71	00:51:26	00:43:21.35	01:34:48.25	+00:21:59 (50.7%)	8:40	6.9 (49.3%)
375	SZAJEK Marta	1055	HULK TEAM POLICE	K3 40-49	33	00:05:45	00:43:42.30	00:49:27.60	+00:22:20 (51.1%)	8:44	6.9 (49.3%)
376	WIŚNIEWSKA Sandra	1003		K1 16-29	32	00:07:38	00:43:45.10	00:51:23.95	+00:22:23 (51.2%)	8:45	6.9 (49.3%)
377	KOSMAL-BRZYCHCY Agnieszka	946		K3 40-49	34	00:01:41	00:43:46.65	00:45:28.05	+00:22:24 (51.2%)	8:45	6.9 (49.3%)
378	ULASS Agnieszka	788		K3 40-49	35	00:50:54	00:43:53.55	01:34:48.25	+00:22:31 (51.3%)	8:46	6.8 (48.6%)
379	ZABROCKI Karol	633		M3 40-49	72	00:36:09	00:44:07.10	01:20:16.55	+00:22:45 (51.6%)	8:49	6.8 (48.6%)
380	SZYMAŃSKI Piotr	777		M2 30-39	104	00:22:46	00:44:24.40	01:07:11.35	+00:23:02 (51.9%)	8:53	6.8 (48.6%)
381	KOGUT Karol	723		M2 30-39	105	00:22:43	00:44:27.90	01:07:11.55	+00:23:06 (52.0%)	8:53	6.7 (47.9%)
382	BIAŁOWAŚ Alicja	785		K2 30-39	58	00:24:38	00:44:43.60	01:09:22.05	+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	BIALOWOLSKA-MICHNIACKA Elwira	1125	IRON TEAM SZCZECIN	K2 30-39	59	00:09:16	00:44:44.85	00:54:01.40	+00:23:23 (52.3%)	8:57	6.7 (47.9%)
384	OSTROWSKA Ewa	1068		K1 16-29	33	00:15:51	00:44:48.65	01:00:40.45	+00:23:26 (52.3%)	8:57	6.7 (47.9%)
385	BANASIAK Adrianna	1067		K2 30-39	60	00:15:49	00:44:50.95	01:00:40.80	+00:23:29 (52.4%)	8:58	6.7 (47.9%)
386		1238				00:10:34	00:44:52.05	00:55:26.70	+00:23:30 (52.4%)	8:58	6.7 (47.9%)
387	KWIATKOWSKA Julita	1051		K2 30-39	61	00:10:32	00:44:54.35	00:55:26.55	+00:23:32 (52.4%)	8:58	6.7 (47.9%)
388	KRAIŃSKA Karolina	1034		K2 30-39	62	00:03:37	00:45:10.95	00:48:47.95	+00:23:49 (52.7%)	9:02	6.6 (47.1%)
389	KAROL Agnieszka	795	LOSZKI I WARCHLAKI	K3 40-49	36	00:09:01	00:45:38.10	00:54:39.70	+00:24:16 (53.2%)	9:07	6.6 (47.1%)
390	PERROT Magdalena	688	WILKI Z CIECHOCINKA	K3 40-49	37	00:10:40	00:45:38.30	00:56:18.80	+00:24:16 (53.2%)	9:07	6.6 (47.1%)
391	MISIASZEK Beata	1037		K4 50-59	12	00:06:11	00:45:57.40	00:52:08.80	+00:24:35 (53.5%)	9:11	6.5 (46.4%)
392	ADAM Kamila	972	DLL PARTNERS	K2 30-39	63	00:28:00	00:46:18.35	01:14:19.00	+00:24:56 (53.9%)	9:15	6.5 (46.4%)
393	LIŚKIEWICZ Katarzyna	971	DLL PARTNERS	K3 40-49	38	00:27:57	00:46:21.35	01:14:19.15	+00:24:59 (53.9%)	9:16	6.5 (46.4%)
394	HAJDUKIEWICZ Anna	928		K3 40-49	39	00:01:34	00:46:21.95	00:47:56.65	+00:25:00 (53.9%)	9:16	6.5 (46.4%)
395	ZWYRBLIS KŁAPOUCH Wioletta	927		K3 40-49	40	00:01:32	00:46:24.85	00:47:56.85	+00:25:03 (54.0%)	9:16	6.5 (46.4%)
396	RUBAJ Anna	684		K2 30-39	64	00:08:25	00:46:35.20	00:55:00.50	+00:25:13 (54.1%)	9:19	6.4 (45.7%)
397	DOBROWOLSKA Anna	1059		K2 30-39	65	00:08:29	00:46:36.60	00:55:06.05	+00:25:14 (54.2%)	9:19	6.4 (45.7%)
398	PAJDIK Rafał	595		M2 30-39	106	00:38:59	00:46:39.80	01:25:39.75	+00:25:18 (54.2%)	9:20	6.4 (45.7%)
399	TOMASZEWSKA Beata	851		K2 30-39	66	00:08:20	00:46:40.30	00:55:00.80	+00:25:18 (54.2%)	9:20	6.4 (45.7%)
400	PIERŚCIŃSKA Marzena	920		K3 40-49	41	00:08:18	00:46:44.20	00:55:03.10	+00:25:22 (54.3%)	9:21	6.4 (45.7%)
401	BURDA Magda	1026		K2 30-39	67	00:38:55	00:46:44.45	01:25:39.80	+00:25:22 (54.3%)	9:20	6.4 (45.7%)
402	DZIECIOL Alina	1058		K2 30-39	68	00:08:16	00:46:45.05	00:55:01.55	+00:25:23 (54.3%)	9:21	6.4 (45.7%)
403	GÓRSKA Agnieszka	685	NORDICOWELOVE POLICE	K3 40-49	42	00:08:23	00:46:45.55	00:55:08.65	+00:25:23 (54.3%)	9:21	6.4 (45.7%)
404	STASIUK Robert	867		M2 30-39	107	00:38:49	00:46:50.70	01:25:39.75	+00:25:28 (54.4%)	9:22	6.4 (45.7%)
405	SKARŻYŃSKA Paulina	1148		K3 40-49	43	00:20:08	00:47:03.05	01:07:11.20	+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	MACHOLA Bartłomiej	1114		M2 30-39	108	00:04:36	00:47:05.95	00:51:42.50	+00:25:44 (54.6%)	9:25	6.4 (45.7%)
407	KRAWCZYK Anna	1040		K1 16-29	34	00:22:56	00:47:44.70	01:10:41.40	+00:26:22 (55.3%)	9:33	6.3 (45.0%)
408	ŁUCZAK Magdalena	1039		K2 30-39	69	00:22:54	00:47:47.25	01:10:41.55	+00:26:25 (55.3%)	9:33	6.3 (45.0%)
409	PŁOSA Arkadiusz	780		M3 40-49	73	00:12:11	00:47:49.35	01:00:00.70	+00:26:27 (55.3%)	9:33	6.3 (45.0%)
410	PŁOSA Monika	765		K2 30-39	70	00:12:08	00:47:51.85	01:00:00.25	+00:26:30 (55.4%)	9:34	6.3 (45.0%)
411	PIEKARSKA Katarzyna	1053		K1 16-29	35	00:38:06	00:48:14.15	01:26:20.75	+00:26:52 (55.7%)	9:38	6.2 (44.3%)
412	DIKOLENKO Bartosz	964		M2 30-39	109	00:16:11	00:48:38.45	01:04:50.00	+00:27:16 (56.1%)	9:43	6.2 (44.3%)
413	KIELISZEK Anna	824	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	71	01:30:50	00:48:46.85	02:19:37.75	+00:27:25 (56.2%)	9:45	6.1 (43.6%)
414	BODNAR Zbigniew	652		M5 60+	5	00:03:31	00:48:50.00	00:52:21.70	+00:27:28 (56.3%)	9:46	6.1 (43.6%)
415	SOŁTYS Krzysztof	1122		M1 16-29	46	00:12:35	00:48:53.95	01:01:29.25	+00:27:32 (56.3%)	9:46	6.1 (43.6%)
416	BARTNIK Paweł	1132	DLL PARTNERS	M5 60+	6	00:30:51	00:49:16.00	01:20:07.75	+00:27:54 (56.6%)	9:51	6.1 (43.6%)
417	PRABUCKA Karolina	1127	UKŁ ÓSEMKA POLICE	K3 40-49	44	00:25:41	00:50:35.55	01:16:16.65	+00:29:13 (57.8%)	10:07	5.9 (42.1%)
418	PRABUCKI Jarosław	1128	UKŁ OSEMKA POLICE	M3 40-49	74	00:25:38	00:50:38.45	01:16:16.55	+00:29:16 (57.8%)	10:07	5.9 (42.1%)
419	STEMPNIAK Katarzyna	674	REBELS LEGION TEAM	K2 30-39	72	00:39:06	00:50:45.70	01:29:52.55	+00:29:23 (57.9%)	10:09	5.9 (42.1%)
420	KUCHARCZYK Elżbieta	763	RUN GRYF	K3 40-49	45	00:46:27	00:51:45.45	01:38:13.25	+00:30:23 (58.7%)	10:21	5.8 (41.4%)
421	KRÓL Magdalena	922		K2 30-39	73	00:32:19	00:52:13.40	01:24:32.90	+00:30:51 (59.1%)	10:26	5.7 (40.7%)
422	MICHALSKA Karolina	588	KOMPAS TEAM	K1 16-29	36	00:05:59	00:52:32.00	00:58:31.65	+00:31:10 (59.3%)	10:30	5.7 (40.7%)
423	REICHOLSKA Aneta	1257	KOMPAS TEAM	K3 40-49	46	00:05:56	00:52:33.85	00:58:30.45	+00:31:12 (59.4%)	10:30	5.7 (40.7%)
424	LEWANDOWSKI Janusz	866		M5 60+	7	00:15:10	00:52:38.50	01:07:49.15	+00:31:16 (59.4%)	10:31	5.7 (40.7%)
425	HAŁAS Renata	704	SZYBCIEJ NIE MOGE	K4 50-59	13	00:15:07	00:52:41.25	01:07:48.55	+00:31:19 (59.5%)	10:32	5.7 (40.7%)
426	WIĘCKOWSKA Monika	1048	DLL PARTNERS	K3 40-49	47	00:28:20	00:52:53.45	01:21:13.45	+00:31:31 (59.6%)	10:34	5.7 (40.7%)
427	KACZYŃSKA Monika	1047	DLL PARTNERS	K2 30-39	74	00:28:13	00:52:59.55	01:21:13.40	+00:31:37 (59.7%)	10:36	5.7 (40.7%)
428	SZAFRAN Magdalena	1046	DLL PARTNERS	K2 30-39	75	00:28:10	00:53:02.90	01:21:13.50	+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	KOŁACZYŃSKA Monika	625		K3 40-49	48	00:03:44	00:55:42.55	00:59:26.80	+00:34:20 (61.7%)	11:08	5.4 (38.6%)
430	STACHOWIAK Monika	992		K3 40-49	49	00:28:16	00:58:37.55	01:26:54.15	+00:37:15 (63.6%)	11:43	5.1 (36.4%)
431	PUZIO Joanna	784		K2 30-39	76	00:24:35	01:02:45.55	01:27:21.25	+00:41:23 (66.0%)	12:33	4.8 (34.3%)
432	PUZIO Hanna	783		K2 30-39	77	00:24:28	01:02:52.35	01:27:21.30	+00:41:30 (66.0%)	12:34	4.8 (34.3%)
433	NOWAK Aneta	683	NORDICOWELOVE POLICE	K3 40-49	50	00:10:12	01:05:51.10	01:16:03.15	+00:44:29 (67.6%)	13:10	4.6 (32.9%)
434		1085				00:00:00	02:49:02.15	02:49:02.15	+02:27:40 (87.4%)	33:48	1.8 (12.9%)

Znaleziono 434 wynik(ów)