



# NOCNY BIEG SZLAKIEM DZIKA

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Event:** Dziki Weekend 2021  
**Organiser:** Stowarzyszenie Klub Biegowy Dzik  
**Date:** 2021-08-20  
**Place:** Police  
**Distance:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	BRAUN Grzegorz	122	BRAUNSPAW	M1 16-29	1	00:00:07	00:20:55.05	00:21:02.95		4:11	14.3 (100%)
2	OLICHOWSKI Mateusz	4	WOLFTEAM	M2 30-39	1	00:00:07	00:21:17.80	00:21:25.25	+00:00:22 (1.8%)	4:15	14.1 (98.6%)
3	WASILEWSKI Andrzej	7	WILKI Z CIECHOCINKA	M3 40-49	1	00:00:10	00:22:40.65	00:22:51.45	+00:01:45 (7.8%)	4:32	13.2 (92.3%)
4	KRZEŚNIEWSKI Marcin	96	ROWEROWY ZAŁOM	M3 40-49	2	00:00:08	00:23:22.65	00:23:30.70	+00:02:27 (10.5%)	4:40	12.8 (89.5%)
5	CHAJA Radosław	401		M2 30-39	2	00:00:09	00:23:30.80	00:23:39.80	+00:02:35 (11.0%)	4:42	12.8 (89.5%)
6	TOMCZYK Tomasz	48	KMPSP SZCZECIN	M2 30-39	3	00:00:09	00:23:39.40	00:23:49.20	+00:02:44 (11.6%)	4:43	12.7 (88.8%)
7	CHENON Guillaume	100	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49	3	00:07:37	00:23:55.80	00:31:33.60	+00:03:00 (12.6%)	4:47	12.5 (87.4%)
8	SCHMIDT Thomas	143	HASH HOUSE HARRIERS BS	M2 30-39	4	00:00:14	00:23:59.10	00:24:13.10	+00:03:04 (12.8%)	4:47	12.5 (87.4%)
9	WRÓBLEWSKI Michał	125	LIFE4FIT	M3 40-49	4	00:00:07	00:23:59.25	00:24:07.05	+00:03:04 (12.8%)	4:47	12.5 (87.4%)
10	GRYGORCEWICZ Jan	106	POLICE	M4 50-59	1	00:00:10	00:24:12.40	00:24:22.45	+00:03:17 (13.6%)	4:50	12.4 (86.7%)
11	ADAMSKI Janusz	380	VOZ MAX	M4 50-59	2	00:00:08	00:24:20.40	00:24:28.95	+00:03:25 (14.1%)	4:52	12.3 (86.0%)
12	GRYGORCENICZ Janek	394		M1 16-29	2	00:00:10	00:24:22.95	00:24:33.05	+00:03:27 (14.2%)	4:52	12.3 (86.0%)
13	NARLOCH Kacper	402	DZIK	M2 30-39	5	00:00:08	00:24:36.80	00:24:45.65	+00:03:41 (15.0%)	4:55	12.2 (85.3%)
14	GERLICH Kai	163	HASH HOUSE HARRIERS BS	M1 16-29	3	00:00:13	00:24:40.15	00:24:53.60	+00:03:45 (15.2%)	4:56	12.2 (85.3%)
15	PAKURA Krzysztof	128	ŁAWECKANTEAM	M3 40-49	5	00:00:10	00:24:44.30	00:24:55.25	+00:03:49 (15.4%)	4:56	12.1 (84.6%)
16	LIPERTOWICZ Sebastian	303	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	6	00:00:11	00:24:48.05	00:24:59.60	+00:03:53 (15.7%)	4:57	12.1 (84.6%)
17	ZELEK Darek	79	POLICZANIN	M3 40-49	6	00:00:08	00:24:49.25	00:24:57.75	+00:03:54 (15.7%)	4:57	12.1 (84.6%)
18	OSTOJSKI Ireneusz	45	DLL PARTNERS	M3 40-49	7	00:00:12	00:24:59.10	00:25:11.60	+00:04:04 (16.3%)	4:59	12 (83.9%)
19	OKIENCZUK Radek	55	T-RUN-OZAURY	M2 30-39	7	00:00:23	00:25:04.45	00:25:27.85	+00:04:09 (16.6%)	5:00	12 (83.9%)
20	PRZYBYSZ Marcin	67	WYMIARMEBLI.PL	M2 30-39	8	00:00:09	00:25:13.55	00:25:22.80	+00:04:18 (17.1%)	5:02	11.9 (83.2%)
21	KOCZKODAJ Kamil	199	ŻW	M2 30-39	9	00:00:10	00:25:27.70	00:25:38.05	+00:04:32 (17.8%)	5:05	11.8 (82.5%)
22	TUBACKI Dawid	2	MMM BIGOSIK!	M1 16-29	4	00:00:19	00:25:37.05	00:25:56.30	+00:04:42 (18.3%)	5:07	11.7 (81.8%)
23	GRALEWICZ Albert	3	MM	M1 16-29	5	00:00:16	00:25:37.50	00:25:54.15	+00:04:42 (18.4%)	5:07	11.7 (81.8%)
24	SCHULZE Jan Michael	150	HASH HOUSE HARRIERS BS	M1 16-29	6	00:00:12	00:25:40.75	00:25:53.35	+00:04:45 (18.5%)	5:08	11.7 (81.8%)
25	KRUPIŃSKI Marcin	627	SKB DZIK	M3 40-49	8	00:00:19	00:25:42.20	00:26:01.80	+00:04:47 (18.6%)	5:08	11.7 (81.8%)
26	ORYL Mariusz	198	ŻW	M2 30-39	10	00:00:10	00:25:49.10	00:26:00.05	+00:04:54 (19.0%)	5:09	11.6 (81.1%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
27	<b>FĄFEREK Piotr</b>	<b>116</b>	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	11	00:00:20	<b>00:25:52.25</b>	<b>00:26:12.75</b>	+00:04:57 (19.1%)	5:10	11.6 (81.1%)
28	<b>MATUSEWICZ Paweł</b>	<b>108</b>		M1 16-29	7	00:00:16	<b>00:25:53.60</b>	<b>00:26:09.95</b>	+00:04:58 (19.2%)	5:10	11.6 (81.1%)
29	<b>ARLUKIEWICZ Grzegorz</b>	<b>196</b>		M2 30-39	12	00:00:16	<b>00:25:54.40</b>	<b>00:26:10.75</b>	+00:04:59 (19.3%)	5:10	11.6 (81.1%)
30	<b>NIEWCZAS Jakub</b>	<b>24</b>	DZIKA SIGMA	M1 16-29	8	00:00:45	<b>00:25:55.10</b>	<b>00:26:40.70</b>	+00:05:00 (19.3%)	5:11	11.6 (81.1%)
31	<b>SŁOWIK Jacek</b>	<b>177</b>		M2 30-39	13	00:00:21	<b>00:26:02.65</b>	<b>00:26:24.20</b>	+00:05:07 (19.7%)	5:12	11.5 (80.4%)
32	<b>PASIKOWSKI Kamil</b>	<b>644</b>	SKB DZIK	M1 16-29	9	00:00:56	<b>00:26:16.45</b>	<b>00:27:12.80</b>	+00:05:21 (20.4%)	5:15	11.4 (79.7%)
33	<b>BOCHENEK Michał</b>	<b>28</b>	AFRO-FIT WATAHA CROSSFIT	M2 30-39	14	00:00:19	<b>00:26:31.30</b>	<b>00:26:50.50</b>	+00:05:36 (21.1%)	5:18	11.3 (79.0%)
34	<b>KRUK Bartosz</b>	<b>127</b>	ORTOKOTY	M2 30-39	15	00:00:11	<b>00:26:32.00</b>	<b>00:26:43.25</b>	+00:05:36 (21.2%)	5:18	11.3 (79.0%)
35	<b>BUHMANN Philip</b>	<b>53</b>	HASH HOUSE HARRIERS BS	M2 30-39	16	00:00:12	<b>00:26:32.35</b>	<b>00:26:45.30</b>	+00:05:37 (21.2%)	5:18	11.3 (79.0%)
36	<b>GOŁĘBIEWSKI Tomasz</b>	<b>102</b>	PSP SZCZECIN	M2 30-39	17	00:00:09	<b>00:26:36.35</b>	<b>00:26:46.10</b>	+00:05:41 (21.4%)	5:19	11.3 (79.0%)
37	<b>ORLIONSKI Paweł</b>	<b>398</b>		M3 40-49	9	00:00:09	<b>00:26:39.35</b>	<b>00:26:48.75</b>	+00:05:44 (21.5%)	5:19	11.3 (79.0%)
38	<b>ELLMANN Filip</b>	<b>57</b>	STYL PIJANEGO MISTRZA	M2 30-39	18	00:00:14	<b>00:26:48.75</b>	<b>00:27:02.75</b>	+00:05:53 (22.0%)	5:21	11.2 (78.3%)
39	<b>LENCEWICZ Grzegorz</b>	<b>61</b>	VO2MAX	M2 30-39	19	00:00:08	<b>00:26:50.00</b>	<b>00:26:58.90</b>	+00:05:54 (22.0%)	5:22	11.2 (78.3%)
40	<b>DYDEK Edyta</b>	<b>648</b>	SKB DZIK	K1 16-29	1	00:00:56	<b>00:26:50.35</b>	<b>00:27:47.05</b>	+00:05:55 (22.1%)	5:22	11.2 (78.3%)
41		<b>399</b>				00:00:15	<b>00:26:55.60</b>	<b>00:27:11.45</b>	+00:06:00 (22.3%)	5:23	11.1 (77.6%)
42	<b>SOBCZAK Paweł</b>	<b>379</b>		M2 30-39	20	00:00:11	<b>00:26:56.65</b>	<b>00:27:08.55</b>	+00:06:01 (22.4%)	5:23	11.1 (77.6%)
43	<b>MARZEC Karolina</b>	<b>156</b>	DZIKIE DZIKI GORZÓW	K3 40-49	1	00:00:09	<b>00:27:00.85</b>	<b>00:27:10.40</b>	+00:06:05 (22.6%)	5:24	11.1 (77.6%)
44	<b>CHRISTIAN Seebode</b>	<b>152</b>	HASH HOUSE HARRIERS BS	M4 50-59	3	00:00:13	<b>00:27:14.20</b>	<b>00:27:27.20</b>	+00:06:19 (23.2%)	5:26	11 (76.9%)
45	<b>KNIAŻ Tomasz</b>	<b>147</b>	HELL'S HEAVEN SZCZECIN	M3 40-49	10	00:00:19	<b>00:27:18.00</b>	<b>00:27:37.70</b>	+00:06:22 (23.4%)	5:27	11 (76.9%)
46	<b>ALABRYDZIŃSKA Agnieszka</b>	<b>643</b>		K2 30-39	1	00:00:09	<b>00:27:25.25</b>	<b>00:27:34.90</b>	+00:06:30 (23.7%)	5:29	10.9 (76.2%)
47	<b>CZARNECKA Barbara</b>	<b>58</b>		K2 30-39	2	00:00:10	<b>00:27:38.40</b>	<b>00:27:48.45</b>	+00:06:43 (24.3%)	5:31	10.9 (76.2%)
48	<b>GERLICH Klaus Stephan</b>	<b>174</b>	HASH HOUSE HARRIERS BS	M4 50-59	4	00:00:11	<b>00:27:50.70</b>	<b>00:28:02.15</b>	+00:06:55 (24.9%)	5:34	10.8 (75.5%)
49	<b>SAWICKI Bartosz</b>	<b>194</b>	DZIKIE DZIKI GORZÓW	M2 30-39	21	00:00:29	<b>00:27:51.30</b>	<b>00:28:20.90</b>	+00:06:56 (24.9%)	5:34	10.8 (75.5%)
50	<b>SIEDLER Martin</b>	<b>41</b>	SV DONSBRUGGEN 06	M2 30-39	22	00:00:36	<b>00:27:52.00</b>	<b>00:28:28.35</b>	+00:06:56 (24.9%)	5:34	10.8 (75.5%)
51	<b>PODOLAK Mirosław</b>	<b>9</b>	GRUPA AZOTY	M3 40-49	11	00:00:19	<b>00:27:54.35</b>	<b>00:28:13.35</b>	+00:06:59 (25.0%)	5:34	10.8 (75.5%)
52	<b>MALCHEREK Adrian</b>	<b>19</b>	T-RUN-OZAURY	M2 30-39	23	00:00:24	<b>00:28:02.50</b>	<b>00:28:27.20</b>	+00:07:07 (25.4%)	5:36	10.7 (74.8%)
53	<b>FILDEBRANDT Basia</b>	<b>81</b>	HANGAR	K2 30-39	3	00:00:18	<b>00:28:07.15</b>	<b>00:28:25.60</b>	+00:07:12 (25.6%)	5:37	10.7 (74.8%)
54	<b>TROJNAR Maciej</b>	<b>70</b>	T-RUN-OZAURY	M2 30-39	24	00:00:24	<b>00:28:17.55</b>	<b>00:28:41.65</b>	+00:07:22 (26.1%)	5:39	10.6 (74.1%)
55	<b>GRALEWICZ Robert</b>	<b>56</b>	MM	M3 40-49	12	00:00:16	<b>00:28:20.75</b>	<b>00:28:37.35</b>	+00:07:25 (26.2%)	5:40	10.6 (74.1%)
56	<b>KOMSTA Rafał</b>	<b>91</b>	RAFAŁ K.	M3 40-49	13	00:00:09	<b>00:28:22.45</b>	<b>00:28:32.00</b>	+00:07:27 (26.3%)	5:40	10.6 (74.1%)
57	<b>SZYŁOWICZ Daniel</b>	<b>404</b>		M2 30-39	25	00:00:17	<b>00:28:30.95</b>	<b>00:28:48.20</b>	+00:07:35 (26.6%)	5:42	10.5 (73.4%)
58	<b>PARADOWSKI Michał</b>	<b>349</b>	FITBRACTWO	M2 30-39	26	00:00:21	<b>00:28:40.30</b>	<b>00:29:01.65</b>	+00:07:45 (27.0%)	5:44	10.5 (73.4%)
59	<b>BRUMIRSKI Bartek</b>	<b>92</b>	NIEZRZESZONY	M2 30-39	27	00:00:27	<b>00:28:43.30</b>	<b>00:29:11.15</b>	+00:07:48 (27.2%)	5:44	10.4 (72.7%)
60	<b>CZERWIŃSKI Paweł</b>	<b>51</b>	HULK TEAM POLICE	M1 16-29	10	00:00:22	<b>00:28:52.75</b>	<b>00:29:14.85</b>	+00:07:57 (27.6%)	5:46	10.4 (72.7%)
61	<b>KURPIEWSKI Piotr</b>	<b>82</b>	BBKTS	M1 16-29	11	00:00:15	<b>00:28:54.85</b>	<b>00:29:10.70</b>	+00:07:59 (27.7%)	5:46	10.4 (72.7%)
62	<b>KOŁOMAŃSKI Hubert</b>	<b>59</b>	BSHAUS	M2 30-39	28	00:00:40	<b>00:29:03.65</b>	<b>00:29:43.95</b>	+00:08:08 (28.0%)	5:48	10.3 (72.0%)
63	<b>KOZŁOWSKI Jakub</b>	<b>338</b>	ENDURO GRYFICE	M1 16-29	12	00:00:11	<b>00:29:09.15</b>	<b>00:29:21.05</b>	+00:08:14 (28.2%)	5:49	10.3 (72.0%)
64	<b>BRANDES Tilman</b>	<b>145</b>	HASH HOUSE HARRIERS BS	M2 30-39	29	00:00:13	<b>00:29:09.20</b>	<b>00:29:22.50</b>	+00:08:14 (28.3%)	5:49	10.3 (72.0%)
65	<b>ŁAWNICZAK Sebastian</b>	<b>232</b>	ALUHAK	M3 40-49	14	00:00:25	<b>00:29:10.60</b>	<b>00:29:35.60</b>	+00:08:15 (28.3%)	5:50	10.3 (72.0%)
66	<b>SKOCZYLAS Patryk</b>	<b>228</b>	INCOM POLSKA	M1 16-29	13	00:00:37	<b>00:29:13.30</b>	<b>00:29:51.20</b>	+00:08:18 (28.4%)	5:50	10.3 (72.0%)
67	<b>PADUCH Piotr</b>	<b>190</b>	GRUPA AZOTY POLICE SERWIS	M2 30-39	30	00:00:15	<b>00:29:16.30</b>	<b>00:29:31.45</b>	+00:08:21 (28.5%)	5:51	10.3 (72.0%)
68	<b>LOBA Zuzanna</b>	<b>618</b>	SKB DZIK	K1 16-29	2	00:00:20	<b>00:29:26.35</b>	<b>00:29:46.90</b>	+00:08:31 (28.9%)	5:53	10.2 (71.3%)
69	<b>BARTOSIEWICZ Adam</b>	<b>304</b>	OCR POLSKA	M3 40-49	15	00:00:20	<b>00:29:27.20</b>	<b>00:29:47.40</b>	+00:08:32 (29.0%)	5:53	10.2 (71.3%)
70	<b>URBANOWICZ Piotr</b>	<b>624</b>	SKB DZIK	M1 16-29	14	00:00:17	<b>00:29:28.10</b>	<b>00:29:46.00</b>	+00:08:33 (29.0%)	5:53	10.2 (71.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
71	<b>ECHAUST Artur</b>	<b>233</b>	NEPTUN	M2 30-39	31	00:00:16	<b>00:29:33.40</b>	<b>00:29:49.65</b>	+00:08:38 (29.2%)	5:54	10.2 (71.3%)
72	<b>SZUBCZYŃSKI Marcin</b>	<b>208</b>	DLL PARTNERS	M2 30-39	32	00:00:35	<b>00:29:34.10</b>	<b>00:30:09.40</b>	+00:08:39 (29.3%)	5:54	10.1 (70.6%)
73	<b>JAROSŁAWSKA Sandra</b>	<b>103</b>	HULK TEAM POLICE	K2 30-39	4	00:00:10	<b>00:29:34.40</b>	<b>00:29:45.05</b>	+00:08:39 (29.3%)	5:54	10.1 (70.6%)
74	<b>GABRYŚ Kacper</b>	<b>339</b>	COKOLWIEK	M2 30-39	33	00:00:35	<b>00:29:39.50</b>	<b>00:30:14.50</b>	+00:08:44 (29.5%)	5:55	10.1 (70.6%)
75	<b>SENDEROWSKI Maciej</b>	<b>210</b>	KLUB	M2 30-39	34	00:00:21	<b>00:29:40.70</b>	<b>00:30:02.55</b>	+00:08:45 (29.5%)	5:56	10.1 (70.6%)
76	<b>KONOPACKI Sławek</b>	<b>197</b>	SZCZECIN	M2 30-39	35	00:00:11	<b>00:29:46.75</b>	<b>00:29:58.20</b>	+00:08:51 (29.8%)	5:57	10.1 (70.6%)
77	<b>KAMIONKA Andrzej</b>	<b>32</b>	14 ZBOT	M2 30-39	36	00:00:12	<b>00:29:48.50</b>	<b>00:30:00.80</b>	+00:08:53 (29.8%)	5:57	10.1 (70.6%)
78	<b>WITKOWSKI Emil</b>	<b>23</b>	-	M2 30-39	37	00:00:33	<b>00:29:49.65</b>	<b>00:30:23.60</b>	+00:08:54 (29.9%)	5:57	10.1 (70.6%)
79	<b>KIRAGA Jarek</b>	<b>29</b>	ZS CROSSFIT SZCZECIN	M2 30-39	38	00:00:33	<b>00:29:50.30</b>	<b>00:30:23.90</b>	+00:08:55 (29.9%)	5:58	10.1 (70.6%)
80	<b>MATYSIAK Sławomir</b>	<b>95</b>	OCR GRUBAS TEAM	M2 30-39	39	00:00:29	<b>00:29:57.45</b>	<b>00:30:26.45</b>	+00:09:02 (30.2%)	5:59	10 (69.9%)
81	<b>BACHORSKI Paweł</b>	<b>213</b>	GRUPA AZOTY POLICE	M3 40-49	16	00:00:19	<b>00:29:57.80</b>	<b>00:30:17.05</b>	+00:09:02 (30.2%)	5:59	10 (69.9%)
82	<b>KRÓL Kamil</b>	<b>121</b>	SOCIOS SILESIA	M2 30-39	40	00:00:15	<b>00:30:02.15</b>	<b>00:30:17.15</b>	+00:09:07 (30.4%)	6:00	10 (69.9%)
83	<b>LEWANDOWSKA Anna</b>	<b>120</b>	HELL'S HEAVEN SZCZECIN	K3 40-49	2	00:00:20	<b>00:30:08.05</b>	<b>00:30:28.50</b>	+00:09:13 (30.6%)	6:01	10 (69.9%)
84	<b>ROSZKOWSKI Artur</b>	<b>395</b>		M3 40-49	17	00:00:25	<b>00:30:09.40</b>	<b>00:30:34.75</b>	+00:09:14 (30.6%)	6:01	10 (69.9%)
85	<b>BRAUN Krzysztof</b>	<b>366</b>	ENDURO GRYFICE	M2 30-39	41	00:00:12	<b>00:30:11.60</b>	<b>00:30:23.60</b>	+00:09:16 (30.7%)	6:02	9.9 (69.2%)
86	<b>SOWA Krzysztof</b>	<b>203</b>	ZWIEDZANIE PRZEZ BIEGANIE	M2 30-39	42	00:00:31	<b>00:30:11.70</b>	<b>00:30:43.15</b>	+00:09:16 (30.7%)	6:02	9.9 (69.2%)
87	<b>WESOŁOWSKI Arkadiusz</b>	<b>85</b>		M3 40-49	18	00:00:19	<b>00:30:12.30</b>	<b>00:30:31.95</b>	+00:09:17 (30.7%)	6:02	9.9 (69.2%)
88	<b>JĘDRYKA Anna</b>	<b>97</b>	OCR GRUBAS TEAM	K1 16-29	3	00:00:28	<b>00:30:12.60</b>	<b>00:30:41.00</b>	+00:09:17 (30.8%)	6:02	9.9 (69.2%)
89	<b>BOCK Udo</b>	<b>151</b>	HASH HOUSE HARRIERS BS	M3 40-49	19	00:00:11	<b>00:30:13.70</b>	<b>00:30:25.45</b>	+00:09:18 (30.8%)	6:02	9.9 (69.2%)
90	<b>BUDNICKI Grzegorz</b>	<b>99</b>	NO PAIN NO GAIN	M2 30-39	43	00:00:27	<b>00:30:18.15</b>	<b>00:30:45.65</b>	+00:09:23 (31.0%)	6:03	9.9 (69.2%)
91	<b>DUBIEL Monika</b>	<b>372</b>	HELL'S HEAVEN SZCZECIN	K3 40-49	3	00:00:21	<b>00:30:20.95</b>	<b>00:30:42.00</b>	+00:09:25 (31.1%)	6:04	9.9 (69.2%)
92	<b>GÓRSKI Tomasz</b>	<b>33</b>	MODRZYCA HUNTERS	M3 40-49	20	00:04:35	<b>00:30:34.90</b>	<b>00:35:10.05</b>	+00:09:39 (31.6%)	6:06	9.8 (68.5%)
93	<b>BALCERZAK Przemysław</b>	<b>205</b>	UKL ÓSEMKA POLICE	M2 30-39	44	00:00:25	<b>00:30:35.10</b>	<b>00:31:01.05</b>	+00:09:40 (31.6%)	6:07	9.8 (68.5%)
94	<b>KLEPACKI Bartek</b>	<b>60</b>	NOWOPOL	M2 30-39	45	00:00:33	<b>00:30:35.20</b>	<b>00:31:08.95</b>	+00:09:40 (31.6%)	6:07	9.8 (68.5%)
95	<b>ŚWIĄTEK Bronisław</b>	<b>139</b>	SAMOTNY WILK	M5 60+	1	00:00:31	<b>00:30:35.55</b>	<b>00:31:06.80</b>	+00:09:40 (31.6%)	6:07	9.8 (68.5%)
96	<b>PATZKE Ingo</b>	<b>159</b>	HASH HOUSE HARRIERS BS	M4 50-59	5	00:00:14	<b>00:30:35.60</b>	<b>00:30:50.25</b>	+00:09:40 (31.6%)	6:07	9.8 (68.5%)
97	<b>DOBRYCKI Piotr</b>	<b>231</b>	BRIDGESTONE STARGARD RUNNERS	M3 40-49	21	00:00:30	<b>00:30:39.85</b>	<b>00:31:09.85</b>	+00:09:44 (31.8%)	6:07	9.8 (68.5%)
98	<b>SYCHEL Magdalena</b>	<b>130</b>	POLICE	K3 40-49	4	00:00:11	<b>00:30:42.20</b>	<b>00:30:53.25</b>	+00:09:47 (31.9%)	6:08	9.8 (68.5%)
99	<b>MURAWSKA Wioletta</b>	<b>200</b>	KB DZIK POLICE	K4 50-59	1	00:00:11	<b>00:30:43.50</b>	<b>00:30:54.65</b>	+00:09:48 (31.9%)	6:08	9.8 (68.5%)
100	<b>ROMANOWICZ Monika</b>	<b>185</b>	DZIKIE ŻÓŁWIE	K2 30-39	5	00:00:35	<b>00:30:53.85</b>	<b>00:31:29.80</b>	+00:09:58 (32.3%)	6:10	9.7 (67.8%)
101	<b>MĄDRAWSKI Tomasz</b>	<b>66</b>		M3 40-49	22	00:00:17	<b>00:30:55.60</b>	<b>00:31:13.45</b>	+00:10:00 (32.4%)	6:11	9.7 (67.8%)
102	<b>BOCK Agnieszka</b>	<b>144</b>	HASH HOUSE HARRIERS BS	K3 40-49	5	00:00:12	<b>00:30:58.75</b>	<b>00:31:10.95</b>	+00:10:03 (32.5%)	6:11	9.7 (67.8%)
103	<b>. .</b>	<b>626</b>	SKB DZIK	M3 40-49	23	00:00:19	<b>00:31:02.40</b>	<b>00:31:22.35</b>	+00:10:07 (32.6%)	6:12	9.7 (67.8%)
104	<b>KACZMAREK Michał</b>	<b>216</b>	GRUPA AZOTY POLYOLEFINS	M2 30-39	46	00:00:39	<b>00:31:05.65</b>	<b>00:31:44.75</b>	+00:10:10 (32.7%)	6:13	9.7 (67.8%)
105	<b>KIWILSKA Wojciech</b>	<b>104</b>	IHUHU TEAM	M2 30-39	47	00:00:26	<b>00:31:14.95</b>	<b>00:31:41.00</b>	+00:10:19 (33.1%)	6:14	9.6 (67.1%)
106	<b>WÓJCIK Krzysztof</b>	<b>180</b>	DĄBROWSKI TEAM	M2 30-39	48	00:00:17	<b>00:31:15.75</b>	<b>00:31:33.15</b>	+00:10:20 (33.1%)	6:15	9.6 (67.1%)
107	<b>SAWICKI Jakub</b>	<b>363</b>	ENDURO GRYFICE	M1 16-29	15	00:00:14	<b>00:31:22.55</b>	<b>00:31:37.25</b>	+00:10:27 (33.3%)	6:16	9.6 (67.1%)
108	<b>WITORZĘĆ Dariusz</b>	<b>162</b>	!	M3 40-49	24	00:00:27	<b>00:31:26.25</b>	<b>00:31:53.25</b>	+00:10:31 (33.5%)	6:17	9.5 (66.4%)
109	<b>PAWŁOWSKA-ZALEJSKA Justyna</b>	<b>325</b>	WQRW TEAM	K2 30-39	6	00:00:22	<b>00:31:26.55</b>	<b>00:31:48.95</b>	+00:10:31 (33.5%)	6:17	9.5 (66.4%)
110		<b>332</b>				00:00:26	<b>00:31:32.75</b>	<b>00:31:59.60</b>	+00:10:37 (33.7%)	6:18	9.5 (66.4%)
111	<b>SZULC Marcin</b>	<b>84</b>	DZIKI	M2 30-39	49	00:00:16	<b>00:31:33.30</b>	<b>00:31:50.10</b>	+00:10:38 (33.7%)	6:18	9.5 (66.4%)
112	<b>BRODA Gracjan</b>	<b>119</b>		M2 30-39	50	00:00:17	<b>00:31:36.10</b>	<b>00:31:53.55</b>	+00:10:41 (33.8%)	6:19	9.5 (66.4%)
113	<b>KRZYŻANOWSKA Ewelina</b>	<b>26</b>	-	K2 30-39	7	00:00:22	<b>00:31:38.85</b>	<b>00:32:01.55</b>	+00:10:43 (33.9%)	6:19	9.5 (66.4%)
114	<b>DORAWA-ZIOMEK Anna</b>	<b>165</b>	DZIKIE ŻÓŁWIE	K2 30-39	8	00:00:36	<b>00:31:41.80</b>	<b>00:32:18.60</b>	+00:10:46 (34.0%)	6:20	9.5 (66.4%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
115	STOCK Heiko	183	HASH HOUSE HARRIERS BS	M3 40-49	25	00:00:14	00:31:44.30	00:31:58.65	+00:10:49 (34.1%)	6:20	9.5 (66.4%)
116	RAJCHEL Marcin	329		M2 30-39	51	00:00:34	00:31:57.60	00:32:32.30	+00:11:02 (34.6%)	6:23	9.4 (65.7%)
117	POSZUMSKA Gabriela	77	SZCZECIN	K1 16-29	4	00:00:38	00:32:05.80	00:32:44.40	+00:11:10 (34.8%)	6:25	9.4 (65.7%)
118	WIECZOREK Jakub	136	WIECZORKI3	M1 16-29	16	00:00:32	00:32:14.30	00:32:47.00	+00:11:19 (35.1%)	6:26	9.3 (65.0%)
119	POŹNIAK Aleksandra	187	-	K2 30-39	9	00:00:16	00:32:18.10	00:32:34.25	+00:11:23 (35.2%)	6:27	9.3 (65.0%)
120	SIDORCZUK Tomasz	89	KLUB BIEGAJĄCYCH LEŚNIKÓW	M3 40-49	26	00:00:35	00:32:18.75	00:32:54.60	+00:11:23 (35.3%)	6:27	9.3 (65.0%)
121	JASTRZEMSKI Patryk	397		M2 30-39	52	00:00:30	00:32:19.65	00:32:50.20	+00:11:24 (35.3%)	6:27	9.3 (65.0%)
122	SCHULZE Stefan	134	HASH HOUSE HARRIERS BS	M4 50-59	6	00:00:13	00:32:25.10	00:32:39.00	+00:11:30 (35.5%)	6:29	9.3 (65.0%)
123	ŁEMPICKI Maciej	47	KP PSP GRYFINO	M2 30-39	53	00:00:22	00:32:26.55	00:32:48.65	+00:11:31 (35.5%)	6:29	9.2 (64.3%)
124	JAWORSKI Dawid	64	MMM BIGOSIK!	M1 16-29	17	00:00:19	00:32:28.80	00:32:48.65	+00:11:33 (35.6%)	6:29	9.2 (64.3%)
125	CHMIELEWSKI Tomasz	396	SKB DZIK	M1 16-29	18	00:00:08	00:32:29.25	00:32:37.50	+00:11:34 (35.6%)	6:29	9.2 (64.3%)
126	ŁUKASZEWSKI Igor	340	DZIK	M1 16-29	19	00:00:07	00:32:29.45	00:32:37.20	+00:11:34 (35.6%)	6:29	9.2 (64.3%)
127	RADCZUK Mariusz	153	KOMPA TEAM	M3 40-49	27	00:00:25	00:32:32.90	00:32:58.00	+00:11:37 (35.7%)	6:30	9.2 (64.3%)
128	DIDYCHUK Serhii	225	ALUHAK	M2 30-39	54	00:00:29	00:32:33.20	00:33:02.95	+00:11:38 (35.7%)	6:30	9.2 (64.3%)
129	RADCZUK Karolina	140	KOMPAS TEAM	K3 40-49	6	00:00:25	00:32:33.60	00:32:58.65	+00:11:38 (35.8%)	6:30	9.2 (64.3%)
130	ZIELIŃSKA Monika	78	POLISH ARMY GIRLS	K3 40-49	7	00:00:36	00:32:33.85	00:33:10.80	+00:11:38 (35.8%)	6:30	9.2 (64.3%)
131	PODOLAK Julia	14		K1 16-29	5	00:00:18	00:32:38.75	00:32:57.35	+00:11:43 (35.9%)	6:31	9.2 (64.3%)
132	ZALEJSKI Tomasz	331	WQRW TEAM	M3 40-49	28	00:00:23	00:32:44.55	00:33:07.75	+00:11:49 (36.1%)	6:32	9.2 (64.3%)
133	DUDKA Robert	31	SZCZECIN	M2 30-39	55	00:00:40	00:32:45.00	00:33:25.20	+00:11:49 (36.1%)	6:33	9.2 (64.3%)
134	SALAUYOU Roman	74	DZIKA SIGMA	M2 30-39	56	00:00:42	00:32:45.55	00:33:28.00	+00:11:50 (36.1%)	6:33	9.2 (64.3%)
135	STECIUK Michał	224	ENEA OPERATOR	M2 30-39	57	00:00:46	00:32:58.05	00:33:44.05	+00:12:03 (36.6%)	6:35	9.1 (63.6%)
136	SKRZYPIEC Andrzej	172	BIEGACZE ŚWINOUJŚCIE	M5 60+	2	00:00:14	00:33:00.90	00:33:15.10	+00:12:05 (36.6%)	6:36	9.1 (63.6%)
137	SZKUTNIK Arkadiusz	204	MON	M4 50-59	7	00:00:09	00:33:01.70	00:33:10.80	+00:12:06 (36.7%)	6:36	9.1 (63.6%)
138	HNAT Rafał	146	DECATHLON PIŁA	M3 40-49	29	00:00:29	00:33:10.75	00:33:39.95	+00:12:15 (37.0%)	6:38	9 (62.9%)
139	LOBA Jacek	619	SKB DZIK	M3 40-49	30	00:00:20	00:33:12.30	00:33:33.20	+00:12:17 (37.0%)	6:38	9 (62.9%)
140	MIKULSKI Michał	209	DLL	M4 50-59	8	00:00:34	00:33:16.90	00:33:50.95	+00:12:21 (37.2%)	6:39	9 (62.9%)
141	HARABASZ Jakub	223	BRIDGESTONE STARGARD RUNNERS	M2 30-39	58	00:00:30	00:33:17.15	00:33:47.40	+00:12:22 (37.2%)	6:39	9 (62.9%)
142	ARMATA Matthias	184	HASH HOUSE HARRIERS BS	M2 30-39	59	00:09:01	00:33:27.90	00:42:29.40	+00:12:32 (37.5%)	6:41	9 (62.9%)
143	CHARKOT Magda	371		K2 30-39	10	00:00:23	00:33:32.25	00:33:55.75	+00:12:37 (37.6%)	6:42	8.9 (62.2%)
144	MATAJ Justyna	370		K1 16-29	6	00:00:22	00:33:33.00	00:33:55.75	+00:12:37 (37.7%)	6:42	8.9 (62.2%)
145	ZAKOŚCIELNA Katarzyna	179	DZIKIE ŻÓŁWIE	K2 30-39	11	00:00:36	00:33:36.25	00:34:12.60	+00:12:41 (37.8%)	6:43	8.9 (62.2%)
146	BIEGANSKI Tomasz	72	TOMEK	M2 30-39	60	00:00:15	00:33:37.10	00:33:52.75	+00:12:42 (37.8%)	6:43	8.9 (62.2%)
147	FREJTAG Dawid	52	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	M2 30-39	61	00:00:45	00:33:49.00	00:34:34.90	+00:12:53 (38.1%)	6:45	8.9 (62.2%)
148	KURKIEREWICZ Mariusz	181		M3 40-49	31	00:00:32	00:33:58.85	00:34:31.55	+00:13:03 (38.4%)	6:47	8.8 (61.5%)
149	ŚWIETLIK Alicja	138	-	K4 50-59	2	00:00:21	00:34:06.80	00:34:28.15	+00:13:11 (38.7%)	6:49	8.8 (61.5%)
150	DOMŻALSKA Aneta	129	ACTION GIRLS - BABKI WARIATKI	K3 40-49	8	00:00:15	00:34:14.75	00:34:29.80	+00:13:19 (38.9%)	6:50	8.8 (61.5%)
151	DOBACZEWSKA Ewa	126	ACTION GIRLS - BABKI WARIATKI	K3 40-49	9	00:00:14	00:34:14.85	00:34:29.80	+00:13:19 (38.9%)	6:50	8.8 (61.5%)
152	TUZ Gabriela	115	MODRZYCA HUNTERS	K2 30-39	12	00:39:42	00:34:15.10	01:13:57.85	+00:13:20 (38.9%)	6:51	8.8 (61.5%)
153	TUZ Bartosz	132	MODRZYCA HUNTERS	M2 30-39	62	00:39:44	00:34:15.35	01:13:59.45	+00:13:20 (38.9%)	6:51	8.8 (61.5%)
154	ZERZUT Jarosław	101	FARTY PUSZCZY	M4 50-59	9	00:00:30	00:34:15.85	00:34:46.20	+00:13:20 (39.0%)	6:51	8.8 (61.5%)
155	SZYMCZAK Łukasz	22	FARTY PUSZCZY / SZYMTECH	M3 40-49	32	00:00:29	00:34:16.25	00:34:46.20	+00:13:21 (39.0%)	6:51	8.8 (61.5%)
156	NARÓC Aneta	118	ACTION GIRLS - BABKI WARIATKI	K3 40-49	10	00:00:15	00:34:18.35	00:34:33.95	+00:13:23 (39.0%)	6:51	8.7 (60.8%)
157	FORNALIK Krzysztof	80	POLISH ARMY GIRLS	M2 30-39	63	00:00:38	00:34:24.10	00:35:02.15	+00:13:29 (39.2%)	6:52	8.7 (60.8%)
158	SUCHODOLSKA Aleksandra	189	DZIKIE ŻÓŁWIE	K2 30-39	13	00:00:35	00:34:25.10	00:35:00.90	+00:13:30 (39.2%)	6:53	8.7 (60.8%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
159	<b>PUPEK Małgorzata</b>	<b>326</b>	WILKI Z CIECHOCINKA	K3 40-49	11	00:00:27	<b>00:34:30.65</b>	<b>00:34:58.45</b>	+00:13:35 (39.4%)	6:54	8.7 (60.8%)
160	<b>KRZYWOŃ Paweł</b>	<b>365</b>		M2 30-39	64	00:00:18	<b>00:34:34.05</b>	<b>00:34:52.65</b>	+00:13:39 (39.5%)	6:54	8.7 (60.8%)
161	<b>ŚWIERCZ Dariusz</b>	<b>173</b>	DECATHLON PIŁA	M4 50-59	10	00:00:28	<b>00:34:34.95</b>	<b>00:35:03.65</b>	+00:13:39 (39.5%)	6:54	8.7 (60.8%)
162	<b>KAMIŃSKI Kamil</b>	<b>86</b>	LUBIN	M2 30-39	65	00:00:14	<b>00:34:43.15</b>	<b>00:34:57.65</b>	+00:13:48 (39.8%)	6:56	8.6 (60.1%)
163	<b>BRENDA Jowita</b>	<b>105</b>	J	K2 30-39	14	00:00:10	<b>00:34:45.35</b>	<b>00:34:55.70</b>	+00:13:50 (39.8%)	6:57	8.6 (60.1%)
164	<b>PIOTROWSKA Małgorzata</b>	<b>137</b>	WOJO	K1 16-29	7	00:00:24	<b>00:34:47.50</b>	<b>00:35:11.60</b>	+00:13:52 (39.9%)	6:57	8.6 (60.1%)
165	<b>PIOTROWSKA Anna</b>	<b>141</b>	WOJO	K1 16-29	8	00:00:24	<b>00:34:47.60</b>	<b>00:35:11.70</b>	+00:13:52 (39.9%)	6:57	8.6 (60.1%)
166	<b>WOŹNIAK Rafał</b>	<b>87</b>	IHUHU TEAM	M2 30-39	66	00:00:27	<b>00:34:52.45</b>	<b>00:35:19.60</b>	+00:13:57 (40.0%)	6:58	8.6 (60.1%)
167	<b>ZAKRZEWSKA Sylwia</b>	<b>188</b>	FSD RUN DREZDENKO	K2 30-39	15	00:00:35	<b>00:34:55.75</b>	<b>00:35:30.75</b>	+00:14:00 (40.1%)	6:59	8.6 (60.1%)
168	<b>MISIASZEK Mirosław</b>	<b>157</b>	MIŚKI	M4 50-59	11	00:00:33	<b>00:35:02.75</b>	<b>00:35:35.80</b>	+00:14:07 (40.3%)	7:00	8.6 (60.1%)
169	<b>WIŚNIEWSKA Marta</b>	<b>123</b>	IHUHU TEAM	K1 16-29	9	00:00:27	<b>00:35:04.80</b>	<b>00:35:31.85</b>	+00:14:09 (40.4%)	7:00	8.6 (60.1%)
170	<b>CHODYNIECKI Tomasz</b>	<b>71</b>	GGGG	M2 30-39	67	00:00:22	<b>00:35:06.30</b>	<b>00:35:29.20</b>	+00:14:11 (40.4%)	7:01	8.5 (59.4%)
171	<b>KIERUJ Jakub</b>	<b>54</b>	IHUHU TEAM	M1 16-29	20	00:00:26	<b>00:35:20.45</b>	<b>00:35:47.40</b>	+00:14:25 (40.8%)	7:04	8.5 (59.4%)
172	<b>PAWLUŚ Tomasz</b>	<b>176</b>	SSPS CHEMIK POLICE	M3 40-49	33	00:00:18	<b>00:35:23.55</b>	<b>00:35:41.85</b>	+00:14:28 (40.9%)	7:04	8.5 (59.4%)
173	<b>JABŁONKA Mariusz</b>	<b>20</b>	DZIADY OCR	M3 40-49	34	00:00:23	<b>00:35:26.80</b>	<b>00:35:50.30</b>	+00:14:31 (41.0%)	7:05	8.5 (59.4%)
174	<b>GERLICH Michael</b>	<b>170</b>	HASH HOUSE HARRIERS BS	M4 50-59	12	00:00:13	<b>00:35:27.00</b>	<b>00:35:40.70</b>	+00:14:31 (41.0%)	7:05	8.5 (59.4%)
175	<b>MÜLLER Kathrin</b>	<b>155</b>	HASH HOUSE HARRIERS BS	K4 50-59	3	00:00:13	<b>00:35:28.05</b>	<b>00:35:41.45</b>	+00:14:33 (41.0%)	7:05	8.5 (59.4%)
176	<b>PATZKE Petra</b>	<b>166</b>	HASH HOUSE HARRIERS BS	K4 50-59	4	00:00:13	<b>00:35:28.60</b>	<b>00:35:42.45</b>	+00:14:33 (41.0%)	7:05	8.5 (59.4%)
177	<b>DYDEK Dorota</b>	<b>646</b>	SKB DZIK	K4 50-59	5	00:00:58	<b>00:35:31.80</b>	<b>00:36:30.45</b>	+00:14:36 (41.1%)	7:06	8.4 (58.7%)
178	<b>LEŚNIEWSKI Wojciech</b>	<b>407</b>		M3 40-49	35	00:00:34	<b>00:35:37.80</b>	<b>00:36:12.50</b>	+00:14:42 (41.3%)	7:07	8.4 (58.7%)
179	<b>. Artur</b>	<b>405</b>		M3 40-49	36	00:00:33	<b>00:35:39.30</b>	<b>00:36:12.80</b>	+00:14:44 (41.3%)	7:07	8.4 (58.7%)
180	<b>POGODA Rafał</b>	<b>368</b>	TIP (TOST I PIWO)	M1 16-29	21	00:00:17	<b>00:35:41.35</b>	<b>00:35:58.75</b>	+00:14:46 (41.4%)	7:08	8.4 (58.7%)
181	<b>WIECZOREK Magdalena</b>	<b>135</b>	WIECZORKI3	K3 40-49	12	00:00:33	<b>00:35:42.85</b>	<b>00:36:16.15</b>	+00:14:47 (41.4%)	7:08	8.4 (58.7%)
182	<b>BOBROWSKI Emanuel</b>	<b>623</b>		M1 16-29	22	00:00:20	<b>00:35:51.00</b>	<b>00:36:11.80</b>	+00:14:55 (41.7%)	7:10	8.4 (58.7%)
183	<b>BIEGAŃSKI Piotr</b>	<b>18</b>		M2 30-39	68	00:00:44	<b>00:35:57.15</b>	<b>00:36:41.45</b>	+00:15:02 (41.8%)	7:11	8.3 (58.0%)
184	<b>MORDAK Daniel</b>	<b>341</b>	KOMO	M3 40-49	37	00:00:36	<b>00:36:01.20</b>	<b>00:36:37.25</b>	+00:15:06 (41.9%)	7:12	8.3 (58.0%)
185	<b>KACPRZAK Krystian</b>	<b>98</b>	DZIKA SIGMA	M1 16-29	23	00:00:45	<b>00:36:01.45</b>	<b>00:36:46.55</b>	+00:15:06 (41.9%)	7:12	8.3 (58.0%)
186	<b>MULARCZYK Krzysztof</b>	<b>35</b>	SAM SE LATAM	M2 30-39	69	00:00:19	<b>00:36:01.50</b>	<b>00:36:20.50</b>	+00:15:06 (41.9%)	7:12	8.3 (58.0%)
187	<b>PAWŁOWSKI Karol</b>	<b>46</b>	DZIKA SIGMA	M3 40-49	38	00:00:44	<b>00:36:02.05</b>	<b>00:36:46.65</b>	+00:15:07 (42.0%)	7:12	8.3 (58.0%)
188	<b>BANOWSKA Iwona</b>	<b>76</b>	GAPS	K3 40-49	13	00:00:37	<b>00:36:02.65</b>	<b>00:36:40.55</b>	+00:15:07 (42.0%)	7:12	8.3 (58.0%)
189	<b>NASTAREWICZ Marcin</b>	<b>352</b>		M3 40-49	39	00:00:37	<b>00:36:02.90</b>	<b>00:36:40.60</b>	+00:15:07 (42.0%)	7:12	8.3 (58.0%)
190	<b>BUDZINSKI Wojtej</b>	<b>347</b>	CIACIARACHY	M2 30-39	70	00:00:35	<b>00:36:03.75</b>	<b>00:36:39.00</b>	+00:15:08 (42.0%)	7:12	8.3 (58.0%)
191	<b>MATYSEK Ireneusz</b>	<b>37</b>	KOMANDOS WAŁECKI	M5 60+	3	00:00:30	<b>00:36:13.05</b>	<b>00:36:43.90</b>	+00:15:18 (42.2%)	7:14	8.3 (58.0%)
192	<b>ŁUKASZCZUK Paweł</b>	<b>333</b>	LARCZ	M2 30-39	71	00:00:41	<b>00:36:39.75</b>	<b>00:37:21.20</b>	+00:15:44 (42.9%)	7:19	8.2 (57.3%)
193	<b>GRALEWICZ Magdalena</b>	<b>11</b>	MM	K3 40-49	14	00:00:29	<b>00:36:58.50</b>	<b>00:37:27.70</b>	+00:16:03 (43.4%)	7:23	8.1 (56.6%)
194	<b>JADRYCH Zbigniew</b>	<b>161</b>	STARGARD	M3 40-49	40	00:00:43	<b>00:37:10.85</b>	<b>00:37:54.70</b>	+00:16:15 (43.7%)	7:26	8.1 (56.6%)
195	<b>KUNIKOWSKA Patrycja</b>	<b>8</b>	STARGARD JA SIĘ NIE ŚCIGAM	K2 30-39	16	00:00:43	<b>00:37:11.35</b>	<b>00:37:54.55</b>	+00:16:16 (43.8%)	7:26	8.1 (56.6%)
196	<b>STAŃCZYK Sławomir</b>	<b>62</b>	OSIR STARGARD	M2 30-39	72	00:00:42	<b>00:37:11.85</b>	<b>00:37:54.50</b>	+00:16:16 (43.8%)	7:26	8.1 (56.6%)
197	<b>KUNIKOWSKI Patryk</b>	<b>17</b>	STARGARD JA SIĘ NIE ŚCIGAM	M3 40-49	41	00:00:41	<b>00:37:12.70</b>	<b>00:37:54.55</b>	+00:16:17 (43.8%)	7:26	8.1 (56.6%)
198	<b>RÓŻYCKA Karina</b>	<b>367</b>	POLICE	K2 30-39	17	00:00:25	<b>00:37:20.65</b>	<b>00:37:45.65</b>	+00:16:25 (44.0%)	7:28	8 (55.9%)
199	<b>BEDNARZ Katarzyna</b>	<b>178</b>	NESSI TEAM	K3 40-49	15	00:00:24	<b>00:37:38.80</b>	<b>00:38:03.25</b>	+00:16:43 (44.4%)	7:31	8 (55.9%)
200	<b>KOLEJ Monika</b>	<b>16</b>	DZIKIE DZIKI GORZÓW	K3 40-49	16	00:00:15	<b>00:37:44.55</b>	<b>00:37:59.80</b>	+00:16:49 (44.6%)	7:32	8 (55.9%)
201	<b>MROZIK Mariusz</b>	<b>44</b>	TEAM BIEGOWY SZCZECINEK	M3 40-49	42	00:00:15	<b>00:37:44.85</b>	<b>00:37:59.85</b>	+00:16:49 (44.6%)	7:32	8 (55.9%)
202	<b>BANAŚ Anna</b>	<b>217</b>	DLL PARTNERS	K2 30-39	18	00:00:33	<b>00:37:50.15</b>	<b>00:38:23.15</b>	+00:16:55 (44.7%)	7:34	7.9 (55.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
203	ZIELIŃSKA-RYŻ Katarzyna	215	DLL PARTNERS	K3 40-49	17	00:00:33	00:37:52.05	00:38:25.15	+00:16:57 (44.8%)	7:34	7.9 (55.2%)
204	LEŚNIEWSKA Julia	403	DLL PARTNERS	K3 40-49	18	00:00:33	00:38:25.35	00:38:59.25	+00:17:30 (45.6%)	7:41	7.8 (54.5%)
205	RYMAREK Rafał	227	ALUHAK	M3 40-49	43	00:00:28	00:38:58.00	00:39:26.70	+00:18:02 (46.3%)	7:47	7.7 (53.8%)
206	TOMASZEWSKA Beata	211	HULK TEAM POLICE	K2 30-39	19	00:00:36	00:39:02.85	00:39:39.60	+00:18:07 (46.4%)	7:48	7.7 (53.8%)
207	JAWORSKI Krystian	15	MMM BIGOSIK!	M1 16-29	24	00:00:19	00:39:08.70	00:39:28.40	+00:18:13 (46.6%)	7:49	7.7 (53.8%)
208	HAŁAS Renata	21	SZYBCIEJ NIE MOGĘ	K4 50-59	6	00:00:24	00:39:09.00	00:39:33.00	+00:18:13 (46.6%)	7:49	7.7 (53.8%)
209	KAROLCZAK Magdalena	25	IHUHU TEAM	K3 40-49	19	00:00:25	00:39:13.05	00:39:38.80	+00:18:18 (46.7%)	7:50	7.6 (53.1%)
210	BOCHENEK Jadwiga	65	AFRO-FIT WATAHA CROSSFIT	K3 40-49	20	00:00:21	00:39:19.35	00:39:41.00	+00:18:24 (46.8%)	7:51	7.6 (53.1%)
211	REBELKA Małgorzata	73	STYL PIJANEGO MISTRZA	K1 16-29	10	00:00:28	00:39:20.45	00:39:48.60	+00:18:25 (46.8%)	7:52	7.6 (53.1%)
212	GOWORSKI Jerzy	49	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	73	00:00:29	00:39:21.85	00:39:51.05	+00:18:26 (46.9%)	7:52	7.6 (53.1%)
213	KRUSZEWICZ Aleksander	414	AMPIO TEAM	M3 40-49	44	00:00:43	00:39:26.50	00:40:10.30	+00:18:31 (47.0%)	7:53	7.6 (53.1%)
214	PIOTROWSKA Dorota	418		K3 40-49	21	00:00:42	00:39:27.55	00:40:10.30	+00:18:32 (47.0%)	7:53	7.6 (53.1%)
215	PIOTROWSKI Krzysztof	417		M4 50-59	13	00:00:43	00:39:33.65	00:40:17.05	+00:18:38 (47.1%)	7:54	7.6 (53.1%)
216	NAJMARK Małgorzata	220		K3 40-49	22	00:00:27	00:39:43.15	00:40:10.40	+00:18:48 (47.3%)	7:56	7.6 (53.1%)
217	NOWAK Zbigniew	39	KB DZIK POLICE	M5 60+	4	00:00:27	00:39:43.70	00:40:11.20	+00:18:48 (47.3%)	7:56	7.6 (53.1%)
218	WASILEWSKA Agata	112	POLISH ARMY GIRLS	K1 16-29	11	00:00:38	00:39:59.25	00:40:37.80	+00:19:04 (47.7%)	7:59	7.5 (52.4%)
219	SEŃ Agata	201	XYZ	K2 30-39	20	00:00:39	00:39:59.40	00:40:39.10	+00:19:04 (47.7%)	7:59	7.5 (52.4%)
220	ANIELSKA Anna	202	KARLINO	K2 30-39	21	00:00:39	00:39:59.50	00:40:39.05	+00:19:04 (47.7%)	7:59	7.5 (52.4%)
221	RYBACKI Wojciech	113	IHUHU TEAM	M1 16-29	25	00:00:26	00:40:03.05	00:40:29.30	+00:19:08 (47.8%)	8:00	7.5 (52.4%)
222	RYBACKA Agnieszka	30	IHUHU TEAM	K1 16-29	12	00:00:26	00:40:03.80	00:40:30.05	+00:19:08 (47.8%)	8:00	7.5 (52.4%)
223	WIECZOREK Wojciech	169	WIECZORKI3	M3 40-49	45	00:00:38	00:40:36.15	00:41:14.40	+00:19:41 (48.5%)	8:07	7.4 (51.7%)
224	KRYSZEWSKA Magdalena	109	DZIKIE ŻOŁWIE	K2 30-39	22	00:00:36	00:41:01.15	00:41:37.25	+00:20:06 (49.0%)	8:12	7.3 (51.0%)
225	KOPEĆ Joanna	343	KOMO	K3 40-49	23	00:00:35	00:41:02.30	00:41:37.95	+00:20:07 (49.0%)	8:12	7.3 (51.0%)
226	KARASZEWSKI Jakub	214		M1 16-29	26	00:00:23	00:41:06.75	00:41:30.10	+00:20:11 (49.1%)	8:13	7.3 (51.0%)
227	KRZEMIEŃ Patrycja	302	SAMOTNY SAMOTNIK	K2 30-39	23	00:00:16	00:41:30.75	00:41:47.60	+00:20:35 (49.6%)	8:18	7.2 (50.3%)
228	SADZIK-DURKA Marta	344	FITBRACTWO	K3 40-49	24	00:00:21	00:41:31.15	00:41:52.70	+00:20:36 (49.6%)	8:18	7.2 (50.3%)
229	BORODZIUK Magdalena	114	SZCZECIN	K3 40-49	25	00:00:31	00:42:07.15	00:42:38.60	+00:21:12 (50.3%)	8:25	7.1 (49.7%)
230	SZAJEK Marta	346	HULK TEAM POLICE	K3 40-49	26	00:00:22	00:42:09.40	00:42:32.35	+00:21:14 (50.4%)	8:25	7.1 (49.7%)
231	PERROT Magdalena	400		K3 40-49	27	00:00:28	00:42:41.95	00:43:10.50	+00:21:46 (51.0%)	8:32	7 (49.0%)
232	PIEKARZEWSKI Stanisław	124	DZIKUSY	M4 50-59	14	00:00:24	00:42:49.20	00:43:14.05	+00:21:54 (51.2%)	8:33	7 (49.0%)
233	ZIELIŃSKI Maciej	75	POLISH ARMY GIRLS	M3 40-49	46	00:00:37	00:42:49.50	00:43:26.60	+00:21:54 (51.2%)	8:33	7 (49.0%)
234	ADACH Milena	40	DZIKUSY	K1 16-29	13	00:00:24	00:42:50.05	00:43:14.25	+00:21:55 (51.2%)	8:34	7 (49.0%)
235	PIEKARZEWSKA Małgorzata	63	DZIKUSY	K3 40-49	28	00:00:24	00:42:50.70	00:43:14.85	+00:21:55 (51.2%)	8:34	7 (49.0%)
236	WIECKOWSKA Joanna	68	.	K1 16-29	14	00:00:26	00:43:24.30	00:43:50.65	+00:22:29 (51.8%)	8:40	6.9 (48.3%)
237	RUMOWSKA Agnieszka	93	.	K2 30-39	24	00:00:25	00:43:24.65	00:43:50.50	+00:22:29 (51.8%)	8:40	6.9 (48.3%)
238	MIAZEK Paweł	226	ENEA OPERATOR	M1 16-29	27	00:00:46	00:43:41.90	00:44:28.35	+00:22:46 (52.1%)	8:44	6.9 (48.3%)
239	HERBUŚ Michał	230	ENEA OPERATOR	M1 16-29	28	00:00:46	00:43:42.00	00:44:28.75	+00:22:46 (52.1%)	8:44	6.9 (48.3%)
240	MARGULA-JAŚKOWSKA Dorota	186	KLINIKA CHIRURGII SZCZĘKOWO-TWARZOWEJ	K2 30-39	25	00:00:37	00:44:56.20	00:45:33.25	+00:24:01 (53.5%)	8:59	6.7 (46.9%)
241	PŁUCIENNIK Patryk	149		M1 16-29	29	00:00:40	00:45:42.30	00:46:22.40	+00:24:47 (54.2%)	9:08	6.6 (46.2%)
242	PŁUCIENNIK Andrzej	167		M1 16-29	30	00:00:39	00:45:43.30	00:46:23.20	+00:24:48 (54.3%)	9:08	6.6 (46.2%)
243	MISIASZEK Beata	158	MIŚKI	K4 50-59	7	00:00:31	00:48:28.70	00:49:00.45	+00:27:33 (56.9%)	9:41	6.2 (43.4%)
244	ŻUKOWSKA Joanna	131		K2 30-39	26	00:00:49	00:48:38.90	00:49:28.40	+00:27:43 (57.0%)	9:43	6.2 (43.4%)
245	KRÓL Magdalena	10		K2 30-39	27	00:00:49	00:48:46.85	00:49:36.70	+00:27:51 (57.1%)	9:45	6.2 (43.4%)
246	PERROT Magdalena	335	WILKI Z CIECHOCINKA	K3 40-49	29	00:10:13	00:50:04.30	01:00:18.25	+00:29:09 (58.2%)	10:00	6 (42.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
247	<b>JEŻ Maja</b>	<b>110</b>	BŁOTNE SUSŁY	K2 30-39	28	00:00:32	<b>00:50:10.20</b>	<b>00:50:42.25</b>	+00:29:15 (58.3%)	10:02	6 (42.0%)
248	<b>MIKLEWICZ Agata</b>	<b>34</b>	BŁOTNE SUSŁY	K2 30-39	29	00:00:31	<b>00:50:10.50</b>	<b>00:50:42.45</b>	+00:29:15 (58.3%)	10:02	6 (42.0%)
249	<b>BOŚKO Paulina</b>	<b>38</b>	BŁOTNE SUSŁY	K2 30-39	30	00:00:31	<b>00:50:10.70</b>	<b>00:50:42.45</b>	+00:29:15 (58.3%)	10:02	6 (42.0%)
250	<b>WOROCH Tomasz</b>	<b>36</b>	BŁOTNE SUSŁY	M2 30-39	74	00:00:32	<b>00:50:10.90</b>	<b>00:50:43.15</b>	+00:29:15 (58.3%)	10:02	6 (42.0%)
251	<b>PŁOSA Arkadiusz</b>	<b>50</b>	-	M3 40-49	47	00:00:39	<b>00:51:11.10</b>	<b>00:51:50.25</b>	+00:30:16 (59.1%)	10:14	5.9 (41.3%)
252	<b>BODNAR Zbigniew</b>	<b>191</b>	BIEG KORCZAKA	M5 60+	5	00:00:45	<b>00:51:11.90</b>	<b>00:51:57.30</b>	+00:30:16 (59.1%)	10:14	5.9 (41.3%)
253	<b>PŁOSA Monika</b>	<b>94</b>	-	K3 40-49	30	00:00:38	<b>00:51:12.50</b>	<b>00:51:51.05</b>	+00:30:17 (59.2%)	10:14	5.9 (41.3%)
254	<b>KOZUB-SZULIST Agata</b>	<b>360</b>	DZIKILEON	K2 30-39	31	00:00:42	<b>00:51:22.35</b>	<b>00:52:05.10</b>	+00:30:27 (59.3%)	10:16	5.8 (40.6%)
255	<b>OLIZARCZYK Kajetan</b>	<b>348</b>	DZIKILEON	M1 16-29	31	00:00:42	<b>00:51:23.70</b>	<b>00:52:05.85</b>	+00:30:28 (59.3%)	10:16	5.8 (40.6%)
256	<b>OLEKSYK Patryk</b>	<b>361</b>	DZIKILEON	M1 16-29	32	00:00:41	<b>00:51:23.90</b>	<b>00:52:05.45</b>	+00:30:28 (59.3%)	10:16	5.8 (40.6%)
257	<b>BARTNIK Paweł</b>	<b>406</b>	DLL PARTNERS	M5 60+	6	00:00:34	<b>00:54:52.65</b>	<b>00:55:27.05</b>	+00:33:57 (61.9%)	10:58	5.5 (38.5%)
	<b>BIEGANSKI Piotr</b>	<b>408</b>		M2 30-39		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>NOWIŃSKI Brian</b>	<b>342</b>	DZIKILEON	M1 16-29		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 259 results.